























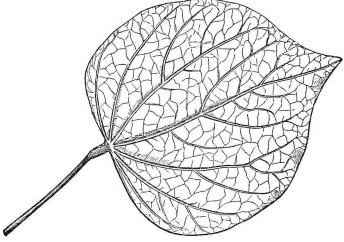

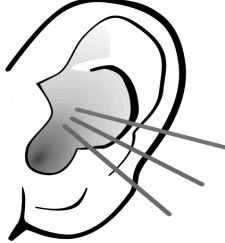


Discover and explore as many nature treasures as you want. Color the heart of the sense you enjoy most when exploring nature treasures. Add your own discoveries by drawing them in and coloring the heart.

	<p>   Sight    Touch    Sound    Scent    Taste         </p>		<p>   Sight    Touch    Sound    Scent    Taste         </p>
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	<p>   Sight    Touch    Sound    Scent    Taste         </p>		<p>   Sight    Touch    Sound    Scent    Taste         </p>
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	<p>My own discoveries:</p> <p>♥  Sight</p> <p>♥  Touch</p> <p>♥  Sound</p> <p>♥  Scent</p> <p>♥  Taste</p>	<p>My own discoveries:</p>	<p>♥  Sight</p> <p>♥  Touch</p> <p>♥  Sound</p> <p>♥  Scent</p> <p>♥  Taste</p>
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<p>My own discoveries:</p>	<p>My own discoveries:</p> <p>♥  Sight</p> <p>♥  Touch</p> <p>♥  Sound</p> <p>♥  Scent</p> <p>♥  Taste</p>	<p>My own discoveries:</p>	<p>♥  Sight</p> <p>♥  Touch</p> <p>♥  Sound</p> <p>♥  Scent</p> <p>♥  Taste</p>
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	<p><b>Leave exploration:</b>  Participants: 2+ people (friends, family members)  Time: Anywhere from 1+ minutes</p>	<p><b>Activity:</b>  Explore leaves and let yourself be drawn to a specific leaf.</p>	<p><b>Reflection:</b>  Bring your leaf to the group and share with your friend or family member anything you like about "your" leaf or your discovery moment.</p>
	<p><b>Watch the sky:</b>  Participants: 2+ people (friends, family members)  Time: Anywhere from 2+ minutes</p>	<p><b>Activity:</b>  Lay under a tree and look up. Observe the movements above you and follow on what draws your attention.</p>	<p><b>Reflection:</b>  Share with your group what you observed or your experience of this activity.</p>
	<p><b>Sound map:</b>  Participants: 2+ people (friends, family members)  Time: Anywhere from 3+ minutes</p>	<p><b>Activity:</b> Let yourself be drawn to a comfortable spot in the park. Make yourself comfortable and close your eyes. Discover all the sounds around you. Listen for sounds nearest to you, furthest away from you, anything in between, notice the direction they are coming from. You can use a paper to draw your sound map.</p>	<p><b>Reflection:</b>  Share your sound map with others. What did they hear? What sounds were closest to them? How do your maps look the same or different?</p>
	<p><b>Nature art:</b>  Participants: alone or with friends/family members  Time: Anywhere from 5+ minutes</p>	<p><b>Activity:</b>  Create some art work anywhere in the park with nature.</p>	<p><b>Reflection:</b>  Share your art with others. Tell them anything you like about your art work.</p>
	<p><b>Give back to nature:</b>  Participants: Anybody  Time: Anytime</p>	<p><b>Activity:</b>  Pick up trash in the park</p> <p>Copyright © Forest Whisper Wellness and Healing LLC 2024</p>	<p><b>Reflection:</b>  Share with a group member something you are grateful for</p>

