



Herec

Rise and shine to welcome a new day.

Find a quiet place that feels comfortable, and enjoy the stillness of the morning. Sit quietly and be patient. Look around, pay attention to sounds, smells and how you feel. On the next page are lists of things that might be around you. Check the ones that you notice. There is a space for you to record others.

THINGS I SEE

- animals
- insects
- on flowers
- insects flying
- birds
- moving branches

THINGS I HEAR

- animals
- insects
- birds
- people
- wind

THINGS I FEEL

- the sun
- the wind
- insects
- ground
- water

THINGS I SMELL

- campfire
- trees
- the earth
- dampness
- wild flowers

Use this space to write about what you are seeing, hearing, feeling or smelling.

Draw a picture of your special place