

# Observation Exercise

What do I notice about my natural surroundings when I take a moment to observe?

1. **Find a quiet place to sit in nature.**
2. **Follow the prompts and log your findings:**
  - a. **Listen:** Close your eyes. What do you hear?
  
  - b. **Observe:** Open your eyes. What do you see? Look in front of you, behind you, above, and from side to side. Focus in on specific objects, and zoom out to look at your surroundings as a whole.
  
  - c. **Feel:** What do you feel? Notice the wind, the sun, or whatever else is activating your senses. Think about how your body is responding to being outdoors.
  
  - d. **Question:** Based on what you hear and see, what questions come up about your surroundings?
  
  - e. **Connect:** What kind of connections can you make between humans and your natural surroundings? *(For example, if you see a piece of plastic on the ground, how do you think it got there?)*
  
2. **Debrief with your class:** What did you see? What did you hear? What did you feel? What questions did you have? What connections did you make?
  
3. **Reflection:** What did other people see or hear that was similar to your observations? What was different about your observations?

**Skills:**  
Observation  
Mindfulness  
Reflection