

## Being with Nature

What can you see in nature?

I see a sticky, black slug sliding slowly over a leaf.

Spotty, purple butterflies flit from flower to flower looking for nectar.

What can you hear in nature?

I hear noisy crickets chirping in the long, dry grass.

Delicate birdsong dances on the soft breeze.

What can you feel in nature?

I feel lumpy, rough bark hugging tight around a knobbly, old tree trunk.

Spiky, emerald green grass tickles my soft pink toes.

What can you smell in nature?

I smell the delicate, sweet fragrance of blossoms silently hanging in the still air.

Calming, purple lavender fills me with peace.