



# Noticing Nature

Observing nature and recording creatively!

## North, East, South and West

You are invited to sit/ stand, following these steps for a mindful moment in nature:

1. Find a spot in nature and (if comfortable) close your eyes.
2. Listen and feel the sensations of nature in this place.
3. Repeat this experience again. Rotate yourself 90 degrees each time, as if moving around the points of a compass.

*Recording and journalling nature:*

- Take a moment to record what you noticed
- Write or draw down your thoughts in words or pictures.

## Fallen pocket treasures

*Memories of nature*

Limiting yourself to one fallen thing from nature, what might you collect as a pocket treasure to be inspired by? A leaf? Stick?



- Your chosen pocket treasure could be displayed somewhere in your space, bringing nature indoors.
- A photograph could also be taken to draw inspiration from.
- Pocket treasures and photos can be great starting points for your own words and pictures.

*Please respect nature and only take a fallen aspect, never pick or remove anything growing from the space.*

## Seasonal Words

*Borrowing nature inspired and poetry books from a local library is a great accompaniment to each season.*

*Perhaps write your own haiku of seasonal thoughts?*

*HAIKU: Three lines, with a 5,7,5 syllable structure!*

