

Let's go **BOWLING!**

See what object or aspect of nature captures your attention. Then...

Breathe in and out, come fully into the present moment and enjoy the fresh air.

Observe the object that caught your attention. Say aloud, or to yourself, things you notice about it.

Wonder about it. Anything at all.

Link to other things in your life. What does it remind you of?

Intuit or perceive things for which you might not have words.

N • **N**ame – key out/identify something new to you.

- **N**ourish your connection with nature with thoughts and feelings of gratitude and appreciation.

G • **G**enerate – more observations, an activity, research, inquiry, etc.

- **G**o forth refreshed and inspired by nature's genius. And remember that you are a part of that!

Adapted by Susan Sanford from *Opening the World Through Nature Journaling* by John Muir Laws, etal.