



Southwestern Region | May 2025

My Nature Notes

DIRECTIONS: Find a place to sit quietly outside. Chose a sense to focus on while you experience your special place. Write or draw.

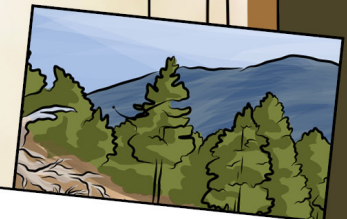
Date: _____ Time: _____

Clouds:

Wind:

Temperature:

What do you see, smell, feel, or hear?



Bonus! Try this activity again at a different time or place. What is different? What is the same?