

Name \_\_\_\_\_

Date \_\_\_\_\_

# Growing Curiosity Through Mindfulness of Senses

Sketch a picture of one thing you have found in nature. Make sure to include shades, lighting, and textures in your drawing:



Describe what it's like to become curious to the sounds around you.

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Where do you feel curiosity in your body? What does curiosity feel like in your body?

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# Growing Curiosity Through Mindfulness of Senses

How can curiosity help us to overcome judgement?

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How can curiosity support creativity and calm?

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## **\*Bonus!\***

Write a poem about using your senses in nature.