

Name \_\_\_\_\_

Date \_\_\_\_\_

# Nature and Emotions



## Directions:

1. Choose a quiet place to sit in nature.
2. Write down one emotion you may be feeling: \_\_\_\_\_  
(Examples: happy, sad, loved, lonely, calm, angry, etc.)
3. What is one part of nature that shows you this emotion? \_\_\_\_\_  
(Examples: A storm may show anger. Rolling waves may show calm.)
4. Write a poem about the emotion and part of nature you selected. Make sure to include how they are always changing.

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5. Draw a picture of this part of nature as a symbol of the emotion: