

Name _____

Date _____



Quiet Place Poem



Choose a quiet place to sit outside for at least 5–10 minutes. Write down what you notice in your quiet place below.

What sounds do you hear?

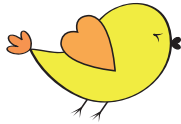
What do you feel on your skin?

What do you see around you? Colors? Animals?

What thoughts do you notice?

Name _____

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Quiet Place Poem



You are like a river... Watch the sounds, feelings, and thoughts come and go, like leaves floating by. Then use the sentence stems below to write a poem about your observations. Or use the blank lines to create your own poem from scratch!

_____ (Title)

In my quiet place, I hear _____.

I feel _____.

I see _____.

I notice thoughts drift by...

My breath is _____ and _____.

I am like a _____ watching _____ float by.
