

# Sensing Your Surroundings

Location: \_\_\_\_\_

Date: \_\_\_\_\_

Weather: \_\_\_\_\_

Temp: \_\_\_\_\_



HEAR



Find a place to sit.

Use your **5 senses** to experience the place you're in.

Take your time.

Describe or draw your experience through each of your 5 senses.

SMELL

Draw yourself in this moment

TASTE

SEE

TOUCH

Use 3 words to sum up your experience

