

GET OUTSIDE

**DRAW 5 THINGS YOU SEE IN NATURE
AROUND YOU**



**TOUCH 4 THINGS AND SAY THEM OUT
LOUD**



**WRITE DOWN 3 THINGS YOU CAN HEAR
AND IMITATE THE SOUND**



PICK UP 2 THINGS AND SMELL THEM



**WRITE DOWN 1 THING YOU WOULD LOVE
TO TASTE BUT SHOULDN'T**

