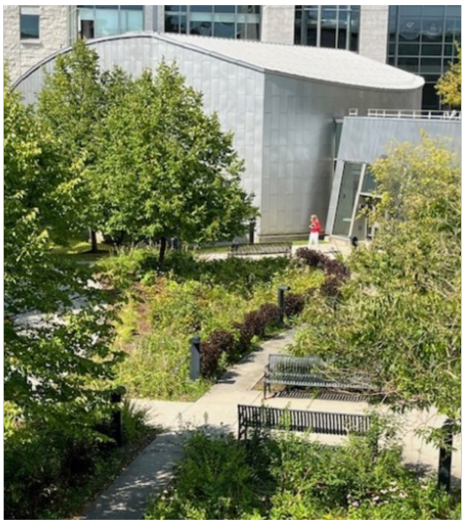
Noticing Nature

In our fast-paced lives, it's easy to overlook the beauty and tranquility that surrounds us. This activity invites you to pause and immerse yourself in the present moment. Choose a quiet spot to sit outside or look out a window and open all the senses you have available to you. Even if you can't step outside, you can still connect with the natural world and cultivate mindfulness by engaging your senses.



Settle in, take a deep breath and let the world outside or beyond the glass come into focus.

Take a moment to notice:

- **Five colors** that catch your eye. Take in the vibrant greens of leaves, the bright colors of flowers, the subtle colors of branches and twigs or perhaps the soft blues of the sky.
- **Four living plants** visible as you look into your environment. Even in the winter, many plants are still alive as they prepare for renewal in the spring. Observe their unique shapes and textures throughout the seasons.
- **Three sounds** that drift through the air. Listen to the rustle of the leaves, the chirping of birds, conversations nearby or the falling of rain or snow.
- **Two scents** that evoke nature for you. While you may not be outside, consider opening the window slightly or recalling scents that remind you of nature, like fresh grass, blooming flowers or the earthy smell of soil.
- **Finally,** reflect on one feeling you have about yourself in this moment. Connect your inner world with the outer beauty that you sense before you.

Allow this experience to deepen your awareness and appreciation of the natural world, even from indoors, helping you to cultivate a sense of peace and presence.





