Spring is a great time to sit and use all your senses to take in the gifts of mother nature. Find a spot outside to sit for 5, 10, or 20 minutes. Listen…. what do you hear? Smell anything? What do you notice with your eyes? Sometimes we see more when we are still. Draw or write about your experience when you are done. Notice how this exercise makes you feel.

Activities to do at home rhoadesbutterflygarden.org