

ACTIVITY: **NATURE MEDITATION**

MATERIALS

- A location where you can sit comfortably near some natural life: anything from a park, to grass in the sidewalk crack, to a houseplant
- Journal or sketchbook and writing/drawing tools

DIRECTIONS

- Carefully select the location to do your meditation. Since you will be returning here multiple times, make sure it's somewhere special.
- Once you've found the right spot, spend anywhere from 5 minutes to an hour sitting and observing your surroundings.
- Try to spend some time just breathing and taking in your surroundings.
- What do you see, hear, smell, feel, and maybe even taste?
- Write down or draw your observations.
- Return to the same spot every day for 5-7 days if you can, and notice how the weather, time of day, your mood, or any other factors impact your observations. Don't worry if you miss a day!

WHAT NEXT?

- If you enjoyed this, try choosing another spot and see how it feels.

Share photos of your meditation spot on Instagram:
@williamsartmuseum #museumforaging