



# Rainforest Noticing Walk

You do not need a rainforest. Try this in a yard, park, neighborhood, classroom, or by a window.

**Something green**

How many shades can you see?

**A shape from nature**

A curve, spiral, star, circle, or zigzag.

**A tiny detail**

A line, dot, edge, vein, crack, or speck.

**Something moving**

A cloud, leaf, shadow, person, pet, or insect.

**A sound near you**

What is the quietest sound you can notice?

**Something that makes you curious**

What question does it make you want to ask?

**Something rough or smooth**

Touch only things that are safe to touch.

**One thing you want to remember**

Give it a quiet goodbye before you move on.

**One thing I want to sketch or write about:**

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