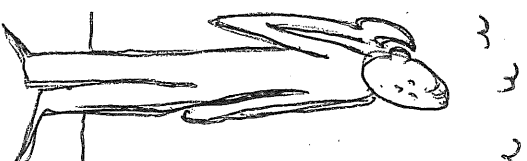


Haiku Hike

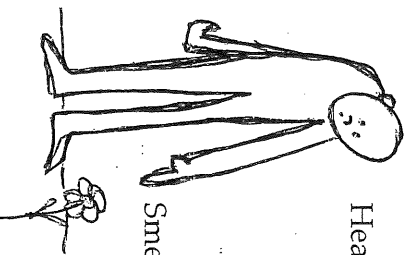
Activity:

Go for a walk in nature and take this sheet of paper and a pencil with you. Pay close attention to your senses and stop to write down some words every few minutes.

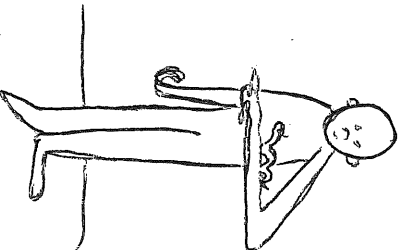
Sight: what do you see?



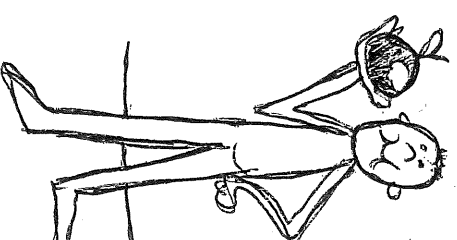
Hearing: what do you hear?



Smell: what do you smell?



Taste: what do you taste?



Touch: what do you feel?

Now sit in a quiet place and let your mind rest. When you are feeling inspired, write a Haiku poem of three lines.

Final Haiku:

