



# Sit Spot for Your Senses



Taking time to see, listen and observe nature will help you notice things that you wouldn't notice otherwise. Find a place in the park that is away from traffic and human noise. Sit quietly and use your senses.

**What do you...**

**See?** \_\_\_\_\_ **Hear?** \_\_\_\_\_

**Smell?** \_\_\_\_\_ **Feel?** \_\_\_\_\_

If possible, return to the same spot over different days and times and see if you notice anything different.

## Now it's time to hit the trails!



Circle the things you should bring on your hike and put an X across the items you shouldn't bring. Choose a trail to explore. Keep an eye out for signs of wildlife. Record your findings and answer the questions below.



**Trail name:** \_\_\_\_\_

**Weather:** \_\_\_\_\_

**Signs of wildlife:** \_\_\_\_\_

**What story can you tell based on the wildlife clues you found?**

---

---