Let’s go **BOWLING**!
See what object or aspect of nature captures your attention. Then...

**B**reathe in and out, come fully into the present moment and enjoy the fresh air.

**O**bserve the object that caught your attention. Say aloud, or to yourself, things you notice about it.

**W**onder about it. Anything at all.

**L**ink to other things in your life. What does it remind you of?

**I**ntuit or perceive things for which you might not have words.

**N** • Name – key out/identify something new to you.
  
  • Nourish your connection with nature with thoughts and feelings of gratitude and appreciation.

**G** • Generate – more observations, an activity, research, inquiry, etc.
  
  • Go forth refreshed and inspired by nature’s genius. And remember that you are a part of that!

Adapted by Susan Sanford from *Opening the World Through Nature Journaling* by John Muir Laws, etal.