

# Describe Series

## Winter

We have all heard that living mindfully increases happiness, but what is mindfulness?

Mindfulness is... experiencing and participating fully in the present moment, without judgment. One of the ways mindfulness can be developed is through description: conversation about what it is your senses are telling you, especially when walking in beauty. Noticing what you are seeing in the moment and sharing that experience with others is generally satisfying, avoids old arguments, and builds the relationship. You can go make a memory instead of hashing out an old one, or worrying about a future one.

### Winter

What is the best thing to do on a cold winter day?

Where do all the animals go in the winter? Can you see any signs of animals being out in the snow?

How would you feel if we had winter all year round?

Explain how to make a snowman?

Would you prefer to be in a snowstorm or a thunderstorm? Why?

Do you like snow? Why or why not?



## Extra Questions

Of all the things you found, which would you like to be?

What is the largest animal or insect you've seen? What is the smallest animal or insect you found? What are they doing? Do you affect its behavior?

Look for litter on the trail. Pick up as much as you can find. Is there more than you expected?

Is anything moving around you?