

# Describe Series

## Forest

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.

### Forest

Find the smoothest rock around. Why is it so smooth? Look under more rocks. Explain what you find. Be sure to place the rocks back where you found them—remember they are shelters for critters.

Find something bumpy. Close your eyes and feel the item. Imagine a name for it—the name can be anything related to nature.

Pick a section of the forest and look at the trees. How many different species of trees can you find? Look at the bark and leaves. Can you identify them? Collect one leaf from each tree if you can reach them and make a leaf rubbing, also make a bark rubbing from the tree that the leaf came from on the same paper. You now have a complete picture of that tree. Do the same in the prairie.



## 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?