

# Describe Series

## Swamp/Pond

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.

### Swamp/Pond

How fast is the water in the pond flowing? Throw something in the water that floats and count the seconds it takes to travel the measured distance. (Dried leaves work well).

Examine the soil in the swamp and in the prairie. Are there any differences in the color and smell? Which one has more sand in it?

Find two plants with different shades of green in their leaves. Which one receives more sunlight? Which one is darker? Chlorophyll is the green pigment in leaves that makes food for plants. It absorbs sunlight to do so. Do your observations make sense?

Find the smelliest plant around. What does it smell like? Where did you find it?



### **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?