

# Describe Series

## Prairie

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 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.

### Prairie

Listen to the birds outside. How many different kinds of birds can you identify by listening to their calls? Try to figure the difference between a call and a song.

Find the hairiest leaf around. Where did you find the plant?

Pull up some grass in a field to expose the soil underneath. Take a handful of the soil and look at it closely. Is it mostly sand, clay, or dusty silt? You may have to rub it between your fingers to find out.

How many different kinds of wildflowers can you find? Look closely at the color, shape, and height of the plant. Think of some animals that visit this flower to collect nectar from it. (Please don't pick the flowers).

Sit down in the field for five minutes and be VERY quiet. What do you see?  
Hear? Smell?

Find two plants with seeds. Examine the seeds. How are the two kinds different? Will the seeds fall near the plant and germinate, or could they be transported away? How?



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## 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?