

PART C: Solo Experience

Use your senses to absorb yourself in your surroundings. Close your eyes for what you think is five minutes and listen to all of the sounds that you hear. Feel the forest floor. Take a deep breath and smell the forest air. Look around, what do you see now that you didn't see before.

1. Write a creative and descriptive paragraph explaining what you saw/ heard, smelled, and touched.

2. Based on what you saw/ heard/ smelled/ touched, what does this make you think of?
(example: I think that squirrel is eating seeds, I think it might rain, this reminds me of...etc.)

3. Look back at your observations, what do you wonder about them? What questions do you have about what you just saw /heard /smelled /touched?

4. How do you feel? Why do you think you feel this way? Have your feelings changed since you started your "solo" experience? (example feelings: happy, relaxed, excited, anxious, calm, joyful, pensive, reflective...etc.)

5. Choose a positive quality that you possess or want to possess. Think of something in nature (animal, plant, or landscape feature) which portrays this quality. a) Explain why you chose the particular animal, plant, or landscape feature that matches your quality. b) Explain your positive quality and how you can practice this quality on an Explore trip.
