

MORNING WATCH

*Rise and shine to welcome a
new day!*

Find a comfortable spot
somewhere at John Jay
Homestead (or in your own
backyard).

Sit quietly and be patient. Look
around and pay attention to the
sounds, smells, and how you feel.

On the right side of this page are
lists of things that might be
around you. Circle the ones that
you notice. There is a space for
you to record others things you
notice.

THINGS I SEE	THINGS I HEAR	THINGS I FEEL	THINGS I SMELL
ANIMALS	ANIMALS	THE SUN	CAMPFIRE
INSECTS ON PLANTS	INSECTS	THE WIND	TREES
INSECTS FLYING	BIRDS	INSECTS	THE EARTH
BIRDS	PEOPLE	THE GROUND	DAMPNESS
MOVING BRANCHES	THE WIND	WATER	WILD FLOWERS

Use this space to write more about what you are seeing, hearing, or smelling.

Draw a picture of what you see.