

# Finding My Feelings in Nature

Write down at least 3 words to answer each question.

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What do I see?

What do I feel?

What do I hear?

What are my feelings in nature today?

What makes me feel this way?



My Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

Season:  
(check one)



My Favorite Thing Today: \_\_\_\_\_

