



STG Art Sessions

La Mariposa Series: Nature Walk

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This curriculum is tied to an interactive lesson plan:

<https://www.youtube.com/watch?v=TWElvtiAfuU>

Nature Walk: Sensory Worksheet

While exploring your own nature walk/adventure, you can use this worksheet to journal, draw, or write down some of your observations. Remember that your nature walk can happen indoors from viewing outside a window or doorway, or you can explore your own backyard, neighborhood, park, etc. with an adult. Use the space below to write, journal, or even draw your observations!

- 1. What kinds of things do you see?** *What can you see close up and far away? What do you notice – different colors, textures, shapes, etc.*

- 2. What sounds do you hear?** *Are they loud, quiet, or medium in volume? Are they high or low sounds?*

3. What things can you smell? *Example – things like freshly cut grass, a barbeque, fresh air, etc.*

4. What kinds of things can you touch? *What does it feel like to touch?? (if you're observing nature from a window, you can observe what things you see that could be touched and journal how those might feel or explore different textures of objects from inside).*

5. What kinds of things do you feel? *How do all these sensory observations and experiences make you feel in these locations? What emotions, memories, and feelings come up for you in the different parts of your nature walk?*