**Nature Spot**

Pick a spot in your yard (or near a window) where you can sit each day for 5 minutes and get to know the plants and animals around the spot.

Just like how we create relationships with people in our lives, it's also important to create a relationship with nature. We have nature to thank everyday for the energy it gives us, so it’s worth creating a relationship with. Spending time in and around nature is one way to do this

Ask yourself these questions daily:

* What can you see, smell, hear, feel and taste (be careful)
  + Focus on one sense one at a time.
* What insects are present in your spot?
* What flowers? (use plant ID sheets)
* What do they look like up close?
* Is anything taking over? Is anything struggling to stay alive?

Consider taking a picture everyday from the same spot to see how your spot grows and changes

Go to your spot for at least 5 minutes, even if it’s cold or raining! While it might not be your favourite weather, it is for the plants!

Share one new thing you noticed with your cabin group tomorrow during cabin time!