

STEWARDSHIP

CARE OF GOD'S CREATION

Go into your back yard and take 10 minutes to look around you and take note of every element of nature that you can see, hear, smell, feel.

Look to the sky. Can you see any clouds?
If so, are there images in the clouds?
What are they?

Watch the clouds for 10 minutes and record what images you could see.
What else do you see in the sky?

Find an ant and follow its footsteps.
How long are you able to keep your eyes on one ant?

What does it do? Where does it go?
Can you work out what its mission is for the day?

Find a bee and follow its flight path.
How long are you able to keep your eyes on the bee?

What does it do? Where does it go?
Can you work out what its mission is for the day?

Lay down on the grass and close your eyes. Take 3 deep breaths.

What can you hear?

What can you smell?

What can you feel?

After 10 minutes record the answer to the three questions.

Using your phone take 3 creative photos of nature avoiding any man-made items such as powerlines or concrete.

Take your shoes off and walk across the grass and/or the dirt/ and or the stone path. Take time to feel nature on the base of your feet and through your toes.

Sit outside with a book or magazine or a journal. Maybe bring a drink. Sit in the warmth of the sun for 30 minutes and read or write or both.

Don't forget a hat or sunscreen if needed.
No mobiles phones allowed.