



National
Trust

Noticing nature

If you look carefully, you'll notice that the blossom trees in your street or local green space change throughout the day. Drawing, taking pictures and creative writing can help you chart these changes.

Seeing

How does the light *change* the colours of the blossom? You could sketch, paint or take a photo of the blossom to record the different hues that you see.

Feeling

How does the bark *feel* beneath your fingers, or the grass under your bare feet? Writing a poem or a short paragraph about your experience is a great way to hone in on those senses.

Listening

Stay still for a moment. What can you *hear* around you – bees buzzing among the flowers, the wind rustling the leaves of the tree? Take a voice recording of the sounds or a video of the tree to bring the experience home with you.

