

5 Minute

Nature Observation

This 5 min observation program is intended for people who aren't able to get to the parks and is meant to show the participant the bigger picture in something that is so small like a small area of grass that is the size of your hand.

Directions.

- 1) Find a spot of grass or anywhere on the ground where dirt is present.
- 2) Sit down and place your hand down in a spot where you would like to observe. This can be anywhere in the field that your in or can also be in your backyard.
- 3) Once a spot has been picked move your hand away from the spot and set a timer for 5-10 mins .
- 4) Observe the things in this area and write it down. Ask questions to yourself like “how did this rock get here? What kind of bug is this ? ect.



List observations here

Follow Up Questions:

- 1) What was the most exciting thing you noticed?
- 2) How many observations did you make in that small little area?