



EXPLORE AND LET YOUR MIND

wander

This week encourages students to spend time outside exploring. Can you find a new walking path, biking route or place in nature to explore? Once you have found a spot to sit and rest, complete the activity below to let your mind wander.

Two things you've never done, but would love to try:

One thing that might scare others, but doesn't scare you:

Three things about this time of year:

Two things in your life or the world around you that are changing:

1

2

Three little things that mean a lot:

1

2

3

One thing you're thinking about, but not quite ready to talk about yet: