



# CENTENNIAL PARKLANDS NATURE PLAY

## Stop and spot

Sit and observe the world around you!

### What you need:

A special place in nature

### Let's get started!

**Prepare:** Sit down and make yourself comfortable

**Observe:** Stay still and start to notice what is around you.

Pay attention to all your senses!

- What can you see?
- What can you hear?
- What can you smell?
- What can you feel?

**Create:** Make something that tells a story about what you discovered. Draw, paint, or use leaves and sticks to create your own story with nature!



### Something extra!

- Find a 'sit-spot' with a good view of some flowers
- Count how many pollinators visit and tell the scientists at [wildpollinatorcount.com](http://wildpollinatorcount.com)

