



BACKYARD POLLINATORS

Take a walk outdoors, on the yard around your school, in the neighbourhood or to a local garden. Once you find a spot that has a few flowering plants, take a seat and close your eyes. Take three long deep breaths, listen to the sound you make as you breathe. Now with the next few breaths that you take, listen outwards to the sounds that you hear around you. What do you hear? The next breaths that you breathe, take note of the scents that you smell. What do you smell? Open your eyes, what do you see, what flowers are blooming, do you see any insects or birds? Being patient sit and observe the flowering plants around you, wait to see a pollinator hop from flower to flower. Take note of any pollinators you see and what flowers they land on. Alternate between keeping your eyes open and closed to focus on your different senses while sitting in nature.



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