

Silent Autumn Nature Walk

Things I Noticed [Sounds, Objects, Feelings]

1.	11.
2.	12.
3.	13.
4.	14.
5.	15.
6.	16.
7.	17.
8.	18.
9.	19.
10.	20.

The most interesting part of my walk was: _____

Sketch a small item you collected during your walk.

Date: _____ Place: _____

Instructions: Challenge yourself to take a walk keeping **completely silent**. Go as a family or all alone. You can take this notebook page along with you and record your observations as you walk or wait until you go back inside to record your findings. Collect a small item to bring inside to sketch in your nature journal or onto your notebook page.