



Task List

Use this task list when you can't use the PWA to engage with nature mindfully.

Stop and Listen

Stand still, try not to make any noise, and listen for 60 seconds. What do you hear?

Leaves rustling, wind blowing, birds chirping, water running?

Leaf

Look for and identify a leaf. What kind of leaf is it? What plant does it belong to?

How can you tell?

Footprints

Find a fresh patch of snow and walk across it. Look back at your footsteps. Compare them to any other footsteps you see.

Try walking backwards. What direction does it look like you were walking in?

Flower

Look for and identify a flower. What kind of flower is it? What plant does it belong to?

How can you tell?

Bird

Look for and identify a bird. What kind of bird is it? How can you tell?

Tree

Look for and identify a tree. What kind of tree is it? How can you tell?

Animal Tracks

Just because you can't see any animals doesn't mean you can't see evidence of animals. Can you spot any tracks, trails, or things left behind?

Nests, animal tracks, broken branches, chewed on leaves?

Cardinal Directions

Figure out which direction you are facing, and then figure out the other four cardinal directions (North, South, East, and West)

Remember the sun rises in the east and sets in the west. If it is morning, the sun will be in the east.

Moss or Lichen?

Find a tree or rock with either moss or lichen growing on it. Which is it? How can you tell?

Falling Leaves

Stand and watch until you see a leaf fall. What tree did it come from? What color is it? Did it fall fast or slow?

Animal Tracks

Even in nature, you can sometimes see evidence of humans. Can you spot anything manmade instead of natural? Trails or trail markers, bird houses or feeders, litter, geocache boxes?

What's on the Ground?

Take ten steps and look at the ground beneath your feet. What are you stepping on?

Grass, leaves, dirt, stones, sand?

Five Senses

Stand for a second and identify something you can taste, smell, see, hear, and touch?

Instead of tasting anything, just imagine what something would taste like! You should not put things from the ground or other natural places into your mouth.