WN #10: Nature Write

Spend 10–15 minutes outdoors in a natural setting. Sit alone quietly and write about what you observe and experience.

* What is the weather like?
* Look around. Write a general description of where you are and what you see.
* Close your eyes. What do you hear?
* Take deep breaths and describe the smell.
* Focus on one thing. Describe it in detail.
* Think about how you feel. What is your mood? Has it changed?