

from where i write this,
i hear the cicadas yelling
the leaves rustling in the
wind, and a catbird calling.

What do
you hear?

1. take 30sec
to listen outside

2. find something
that sparks
your interest!

a cool mushroom
a loud bird
a pretty flower
a weird bug

learn about it!

PictureThis has a series
of ID apps or use a
book / field guide!

it's right
outside
your door!

you don't need
to go...
hiking or
camping or
backpacking
to enjoy nature!

3. consider what
the landscape was
like before
colonialism.

who are the indigenous
people of your area?
how did they utilize your
local land?

WRITE A
LAND ACKNOWLEDGEMENT

- acknowledge the specific indigenous nation who first stewarded the land
- recognize the impact of colonialization
- learn more @ NativeLand.ca

appreciate
nature
how to...

find a

a sit spot is utilized
by many naturalists, to
better understand and
be more mindful within
their immediate
environment.

should be a safe spot,
close to home, where you
can regularly sit + observe.

notice nature where
you can. in the cracks
in the sidewalk, in
the median of the
highway. nature is
everywhere, as it
should be.

sit spot

get comfy. check in with
your senses. what can
you see, hear, smell,
touch, or (safely) taste?

take notes or sketch
a drawing.

through multiple visits,
notice how weather affects
the terrain, how season
changes affect the wildlife,
what plants emerge + when!