

Lived Experience Activity

Take a moment to think about your earliest memories of spending time in nature. How old were you? Who were you with? What did you do?

Directions:

1. **Choose** one experience.
2. Take 5 minutes to **sketch** this place on a piece of paper.
3. Add **labels** to your drawing and be ready to share your drawing with others in your group.
4. When you're done, **post** this to the discussion board.
5. Then, **respond** to one other post the themes that you see in common (ie. freedom, water, play)