

# CHALLENGE 17: WORLD EXPLORER

*“Even when I can’t get out, I can always spot things from my window.”*

## **DO**

Sit in your garden, or open a window. Take a deep breath, paying attention to the sights and smells around you. Then close your eyes and listen. Allow yourself to spend time really observing the world around you and the detail of every sense.

## **THINK**

Did you notice things you haven’t noticed before?  
Was there anything surprising?

## **SHARE**

by using this space to describe or sketch what you experienced and how it made you feel:

*The world around me...*