

*Get Outdoors:  
A Mindfulness Guide to Noticing Nature*

VOCABULARY

Word	Student-friendly definition
carefully	Doing something in a way to avoid damage
curiosity	When you want to know more about something
discoveries	New findings
interesting	Something you give your attention to because it is exciting
mindfulness	A way of paying attention to our present-moment experience with an attitude of kindness and curiosity
notice	If you notice something or someone, you realize that they exist, especially because you can see, hear, or feel them
observe	To see or notice something
senses	There are five senses that allow us to know about the world around us