



✨ THE AWE-INSPIRING RAINBOW WALK ✨

"Look deep into nature, and then you will understand everything better."

NAME: _____ DATE: _____

Instructions: Walk mindfully outdoors. Try to spot an element of nature matching each color. Focus on the tiny details that bring a sense of AWE!

RED / CRIMSON	
Object Found	
Descriptive Words (texture, pattern, shade)	
ORANGE / AMBER	
Object Found	
Descriptive Words (texture, pattern, shade)	
YELLOW / GOLDEN	
Object Found	
Descriptive Words (texture, pattern, shade)	



GREEN / EMERALD	
Object Found	
Descriptive Words (texture, pattern, shade)	
BLUE / LIGHT BLUE	
Object Found	
Descriptive Words (texture, pattern, shade)	
PURPLE / VIOLET	
Object Found	
Descriptive Words (texture, pattern, shade)	
🔍 MY MOMENT OF AWE	
¿Qué objeto o momento en el exterior te asombró o inspiró más hoy? ¿Por qué?	

 HAIKU (3 Lines)

👁️ Line 1 (What you see): _____

🧠 Line 2 (How it feels): _____

💖 Line 3 (Your emotion): _____