

1. Find the "WILDEST" place you know.

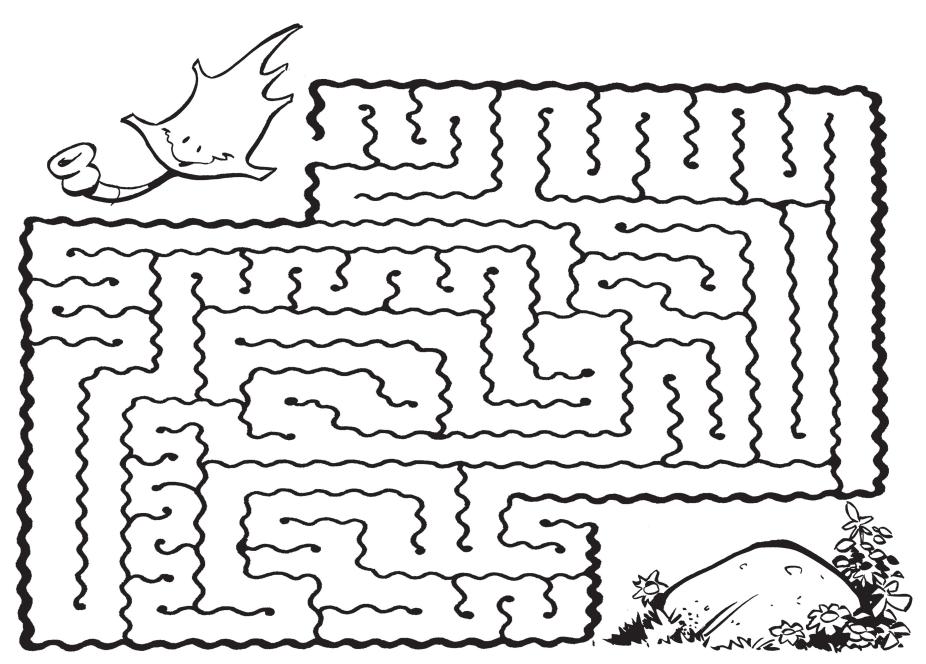
This could be in the woods, a scraggley part of the park or the backyard.

2. Sit for awhile and watch to see what's happening.

Are there bugs? Wind? What colors do you see? How old is the place where you're sitting? What do you hear? What does it smell like? What is is like here?

3. After 30 minutes or so of being there, take some time **to write some of your thoughts down.**If you liked doing this, you could start doing this for a bit everyday.





Help Rustle find a place so wild, he doesn't hear any cars.