

A decorative border of black maple leaves surrounds the central text. The leaves are of various sizes and are scattered along the top, bottom, and sides of the page, creating a frame for the content.

FALL MINDFULNESS WALK

I can see:

What colors? What shapes? What animals?

I can hear:

Nature sounds? Man-made sounds? Music?

I can smell:

Pleasant scents? Stinky scents?

I can touch:

Is it soft? Is it hard? Is it smooth?

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