

TAKE A MINDFUL NATURE WALK WITH A FRIEND!

Find some green space, whether it's a city park or country woods.

SMIFF like a DOG

Breathe in deeply and close your eyes. Do you smell . . .

HEAR like a DOG

Close your eyes. Listen. Do you hear . . .



SPRING

cherry blossoms?
pollen? (ah-choo!)
earthy rain?

croaking frogs?
the cracking of
baseballs on bats?
drumming woodpeckers?



SUMMER

fresh-cut grass?
barbeque?
cotton candy?

swishing
jump ropes?
buzzing mosquitoes?
booming thunder
and fireworks?

FALL

cinnamon?
musky leaves?
spicy apple cider?

the whisper of fallen leaves?
acorns plopping?
honking geese?

WINTER

fresh snow?
chimney smoke?
evergreen trees?

the scritch-scratch of
ice skates?
snow crunching underfoot?
sloshing slush?



Humans have around 6 million receptors for detecting smell, while dogs have over 300 million!

A dog's sense of smell is so keen that they can detect one grain of sugar in 1,000 grains of salt!

Dogs are better at hearing higher frequency sounds, like the squeak of a mouse, while the human ear hears lower frequency sounds better.



SEE like a DOG

Look around: up, down, over, and under.
Do you see . . .

FEEL like a DOG

What do the things you touch feel like?
Notice all the different textures. Do you feel . . .

TASTE like a DOG

Yum! Do you taste . . .

SPRING

daffodils?
robins' eggs?
bumblebees?

sticky mud?
bumpy toads?
velvety pussy willows?

strawberries and cream?
fiddleheads?
lemonade?

SUMMER

dandelions?
monarch butterflies?
bluebirds?

soft sand?
rough rocks?
smooth shells?

ice cream?
s'mores?
watermelon?

FALL

colorful leaves?
school buses?
bright blue skies?

silky milkweed seeds?
bristly pinecones?
brittle leaves?

caramel apples?
pumpkin pie?
cider donuts?

WINTER

icicles?
snowmen?
feathery frost?

itchy wool?
cozy fleece?
snowballs?

hot chocolate
with whipped cream?
candy canes?
holiday cookies?



Dogs can't see the same colors that we do. They mostly see yellows and blues.

Dogs' fur feels fluffy and soft. Their tongues are smooth and wet. Their ears are like velour. Ouch! Don't forget that whoosh of a wagging tail!

Dogs only have about 1,700 taste buds. Humans have 9,000!

