

How do you feel in nature?

Positive affirmations for student self-reflection



Nature makes
me feel better!

Nature makes me strong!



I learn new things in nature!



Nature makes me feel better!



Moving is fun in nature!



Nature makes me calm & relaxed!



Nature is an exciting adventure!



I feel connected to nature!



Nature gives me a needed break!



Nature sparks my curiosity!







My Nature Reflection

Date: ____/____/____

Where I Went: _____



How I felt during or after my time in nature:

- Calm
- Excited
- Curious
- Relaxed
- Adventurous
- Happy
- Energetic
- Connected
- _____
- _____

My favorite moment in nature (write or draw):

