

RAKE WORKSHEET

The RAKE has seven aspects - one each for touch, smell, taste, sight, hearing, feelings (emotions) and thinking. After you have spent several minutes absorbing nature, complete the table below:

TOUCH	SMELL	TASTE	LOOK	LISTEN	FEEL	THINK
What does nature feel like?	What did you smell?	What did you taste?	What did you see?	What did you hear?	How did being in nature make you feel?	What does being in nature make you think about?