

RAKE WORKSHEET – BIOSPHERE

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

TOUCH	SMELL	TASTE	LOOK	LISTEN	FEEL	THINK
What parts of the biosphere can you feel?	What can you smell?	What can you taste?	What can you see?	What can you hear?	How does observing elements of the biosphere make you feel?	What does observing how you interact with the biosphere make you think about?