

**Animals, Health & Resilience 14.09.2023****Exercise IV****Material**

Bright paper, wax crayons, or other colored pencils

**Exercise**

Walk through your garden, across a meadow or pasture or another piece of land. How many different insects can you see? Are they on the flowers, on the leaves or on the ground? Do you also see earthworms or other animals? What are they doing?

Take 15 minutes for this, then try to create an inner picture of this particular landscape ensoulment.

Try to paint this inner picture on a bright paper.

**Closure**

Close with a thank you, with a feeling of gratitude. Write your observations in your notebook.