

Take your curiosity outdoors into the first stirrings of Spring

Take a wander around your local area and see what you can find!

- Something delicate
- Something strong
- Something that is meaningful to you
- Something that is very old
- Something that looks new
- A fantastic funghi
- The tiniest bud that you can see
- The brightest green that you can spot
- Something that looks like it is waking up
- Something that is returning to the earth
- Something that makes you smile
- Something you are grateful for

You might like to take pictures of what you find, take a notebook and write about them or do a quick sketch of what you can see as a reminder for later.

If you would like to share them you can email them to hello@tomcowan.info and I would love to experience the world through your senses.