

NATURE WALK JOURNALLING PAGES



Help your kids learn to
feel Waheguru in the
world around them

Prem Ras Kids



Nature Walk Observations

We will be using our senses to observe nature all around us. We can choose to hear and feel Waheguru in everything. Write your observations about what you sense and how it reminds you of Waheguru.

I see

I hear

I smell

I feel

Nature

Appreciation

Today I saw Waheguru's beauty in...



Weather:

- Sunny
- Cloudy
- Rainy
- Windy
- Snowy

Today's walk reminds me of

Waheguru because...

Humans, trees, pilgrimage centers,
river banks, clouds, agricultural
fields;
islands, countries, galaxies, planets
and universes,
four types of life by taking birth i.e.
from egg, womb, soil and sweat;
the oceans, mountains and
creatures; only the Creator knows
their numbers;
having created the Creator looks
after the creatures.

-Sri Guru Granth Sahib Ji