

We continued to walk in silence and spent time carefully observing the body of water of which we walked along side. We noticed the wildlife that used this body of water.



When we returned to our starting point we spent time sharing - considering this prompt: **Describe this experience.** *If there is one word or phrase that comes to mind, please share it and tell us what it means to you.*

After sharing our reactions to this experience, we ended with a prayer giving thanks for all that we saw, heard, and smelled during our walk.

It was a moving experience!

