

## Embracing Weir-D Experiences

Before: think and write about past and planned experiences

Example prompts:

Have you visited a similar place? If so, what emotions or sensations came up for you?

If not, what comes to mind from any other nature experience you have had?

What will the place be like? How might you feel there? What could you encounter?

Consider sights, sounds, smells, textures...

During: write about the experience you are having and reflect

Example prompts:

Why did you come to this place? What emotions or sensations are you experiencing?

How is this experience similar or different to those you had before?

What is one unexpected thing that you observe in this place?

After: think and write about what you are left with from the experience

Example prompts:

What thoughts, emotions, or sensations are you left with after your visit?

How was the experience similar or different to ones you had before?

What words or images do you hold in your mind from the recent experience?