



# SEE, HEAR, SMELL AND FEEL THE SEASONS



My friend Beth loves Autumn when the leaves change colour. What's your favourite season? I've discovered from Uncle Adam that the idea of four seasons comes from places in the Northern Hemisphere, where the plants lose their leaves in Autumn. Did you know some First Nations people have more than four seasons? We even have different seasons all across Australia. First Nations peoples have always known what the different seasons are by observing the changes in the weather, the sky during the day and night.

### INSTRUCTIONS

As the seasons begin to change, take some time to go outside and just sit and observe. Have a look at the animals coming to visit the trees and plants around you. What can you see? What can you hear? What can you smell? What does it feel like to be outside; for example, are you feeling a little warmer? Draw or write what you can see, hear, smell and feel in each of the blocks provided.

Repeat this activity several times a year/at the start of each new season and then compare the differences and what stays the same.

You can try this activity with the Northern Hemisphere model of the four seasons (Summer, Autumn, Winter, Spring) or you can try it using the local seasons relevant to the Country you are on.

I see...



I hear...



I smell...



I feel the seasons

