

<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Exploring small spaces</p> <p>Walking meditation</p> <p>Seasons of the year</p> <p>Pictures perfect</p> <p>Breakfast out back</p> <p>Blessing of animals</p> <p>Simplify</p> <p>Spirit and breath</p> <p>Cloud watching</p> <p>STRENGTH</p>	<p>_____</p> <p>_____</p> <p>Slow food vs. fast food</p> <p>Bird migration</p> <p>Nature scavenger hunt</p> <p>Be a bee</p> <p>Circle of life</p> <p>Get to know a tree</p> <p>Make a mini-garden</p> <p>Nature art</p> <p>The Great Web of Being</p> <p>Everything has its place</p> <p>We become trees</p> <p>MIND</p>	<p>_____</p> <p>_____</p> <p>Nature immersion</p> <p>Build a boat</p> <p>Seeking forgiveness</p> <p>Soak in the sea/stream</p> <p>Befriending enemies</p> <p>Walking in Wolf's paws</p> <p>Peace Prayer activity</p> <p>Design a waterfall</p> <p>Go canoeing</p> <p>SOUL</p>	<p>_____</p> <p>_____</p> <p>Build a bird feeder</p> <p>Making a rainbow</p> <p>Eagle Eyes/Owl Eyes</p> <p>Watch the sun rise/set</p> <p>Stargazing</p> <p>Visit a nursing home</p> <p>Visit an animal shelter/ sanctuary</p> <p>Visit a homeless shelter</p> <p>The Man on the Moon</p> <p>Fair Trade</p> <p>HEART</p>
<p><a href="http://www.francisandfriends.org">www.francisandfriends.org</a></p>	<p>PASSPORT</p>  <p>FRANCIS AND FRIENDS</p>	<p>NAME: _____</p> <p><i>Paste or draw a picture of yourself in the blank space above.</i></p>	<p><i>As you complete your Francis and Friends activities, you can chart your progress in this passport.</i></p> <p>INTRODUCTION</p> <p>___ Canticle of the Creatures</p> <p>___ Create your Passport</p>

Cut on dotted lines, crease on solid lines. See Francis & Friends website at [www.francisandfriends.org](http://www.francisandfriends.org) for detailed instructions.