While you are outside, ask yourself these questions:

- What is the weather like? Is it hot? Is it cold? Is it windy?
- Close your eyes. What do you hear? Do you hear birds chirping? Cars honking? People talking?
- Open your eyes. What kind of animals do you see? How many animals do you see?
- What is something that makes you happy?
- What is something positive that happened today?

**ACTIVITY SUBMISSION**

1. Take a picture of your project
2. Visit hhcenter.org/adult-day-program/
3. Click the link for activity submissions
4. Upload the picture