

The attic window in the annex offered a quiet space for Anne to be alone and reflect. She could daydream about the future, ponder her feelings, and connect with nature. Connect with the nature around you with this sensory-focused activity.

**1**

Go outside if possible or, if it's not, open a window to the outdoors.

**2**

As you let the sights, smells, and sounds of nature wash over you, fill out the template on the next page.

**3**

Share your observations and compare the items that different people noticed. Which things were common observations? Which were unique?

**4**

Choose one item from your list to elaborate on. Write a few sentences including lots of vivid descriptors and reflecting on how observing that thing made you feel. For example, if you saw clouds, you could write something like: "I saw the white, fluffy cumulous clouds floating through the bright blue sky. I felt light, like I could float away too."

## Expand It!

Take your piece of writing and create a piece of art around it. Use paint, crayons, real items from nature...whatever inspires you. Use the text as a caption to your artwork or incorporate the words into the art itself!

Name: \_\_\_\_\_

## The Diary of Anne Frank: THE WORLD OUTSIDE

Be still, take a deep breath, and notice the world outside! Fill in the blanks next to each prompt with a few words describing what you notice using that sense.

5 things you can see:

---

---

---

---

---

4 things you can feel:

---

---

---

---

3 things you can hear:

---

---

---

2 things you can smell:

---

---

1 thing you are grateful for:

---