



**SOUL  
ACTIVITY**

# FRANCIS & FRIENDS

## SOAK IN THE SEA/STREAM

written by Jennifer Tinker

### Activity Instructions

First, check a weather app/website to find a day with comfortable outdoor temperatures and no thunderstorms predicted.

Next, find some water. If you have a creek or pond in your own yard, that's perfect! Otherwise, check local tourist information to find a public place with access to a water feature (waterfall, river, lake, ocean, etc).

When you get to the water, you can experience it with different senses:

- Look at the size and boundaries of the water feature. Get closer and watch how the water moves and where it is going. While you're there, observe the plants, animals, and minerals in or near the water.
- Listen to the sounds the water makes. Listen for the wildlife around the area.
- If you can safely do so, dip your feet or hands in the water. Feel its temperature, movement, and wetness. Let it wash over your feet or hands and take note of the sensations in your body as you experience the water.

Before you leave, you may also want to photograph, sketch, or write about what you've seen. If you have time, sit beside the water for a while and/or write a story or poem inspired by your experience.

### Discussion Questions

1. What plants, animals, or minerals did you observe? What did you see that you haven't noticed before?
2. What thoughts came to mind as you experienced the water?
3. What most delighted you about your experience with the water?
4. How do you feel now compared with how you felt before you got to the water?

### *Supply List*

Towel or blanket to sit on (optional)

Extra clothes &/or towels if you plan to get wet (optional)

Camera or sketch pad & colored pencils (optional)

Notebook & pen (optional)



### *Prayer*

Lord, thank you for the gift of water and how it gives life to all that you have made. Help us to appreciate the water and live with care in how we use this precious resource. Amen.