



# THE WONDER COMMISSION

*Wonder and curiosity lead to hope.*

The Wonder Commission will take you on a journey of discovery through planet Earth as you ponder life's questions using art, science, and movement.

Let your imagination be your guide to question, dream, and wonder.

NAME \_\_\_\_\_



# THE WONDER COMMISSION

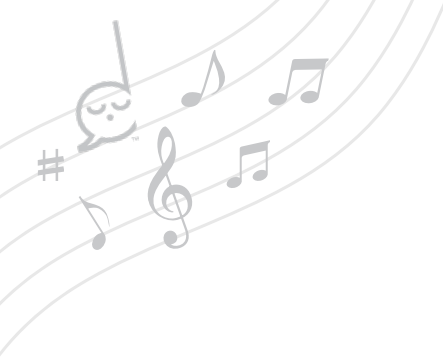
The Wonder Commission is a new music commission of The Well, composed by Dr. Brian Raphael Nabors and performed by the Antigone Music Collective. Inspiration for the new music emerges from Nabors' conversation with writer, physicist, and professor at MIT, Alan Lightman. The new music—and accompanying documentary by Asa Featherstone IV—will premiere in Fall 2024 online and in The Well's Mindful Music Moments program now in over 300 schools nationwide. Learn more at [\*\*www.TheWell.World/Wonder\*\*](http://www.TheWell.World/Wonder).

The Wonder Commission is generously supported by  
Dr. John & Susan Tew  
H.B., E.W. & F.R. Luther Charitable Foundation, Fifth Third Bank, N.A., Trustee.

with ongoing support for The Well from  
ArtsWave  
Ohio Arts Council

The views expressed herein The Wonder Commission do not necessarily represent those of the H.B., E.W. & F.R. Luther Charitable Foundation, Fifth Third Bank, N.A., Trustee.





# Nature Wonder Meditation

*I wonder if I can feel the sun on my face  
I wonder if I can hear the whispering wind  
I wonder if I can smell the sweet flowers  
I wonder if I can ground myself to Earth*

*I wonder why birds sing in the trees  
I wonder how vast the rippling ocean is  
I wonder what sand feels like under my toes  
I wonder what colors the sunset will be tonight*

*I wonder if I can feel Nature's vibrations  
I wonder where my roots will grow  
I wonder how to love my planet*

*I wonder*



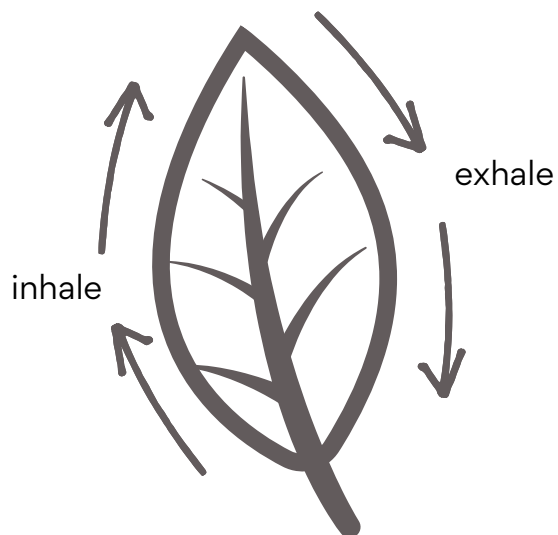
*“Breath is the finest gift of nature. Be grateful for this wonderful gift.”  
— Amit Ray*

### **Dandelion Breathing**

*Hold a dandelion or  
use your imagination!  
Slowly inhale the sweet  
scent of the flower,  
exhale and blow the  
little wispy seeds off  
the dandelion.  
Continue until the  
flower is bare.*



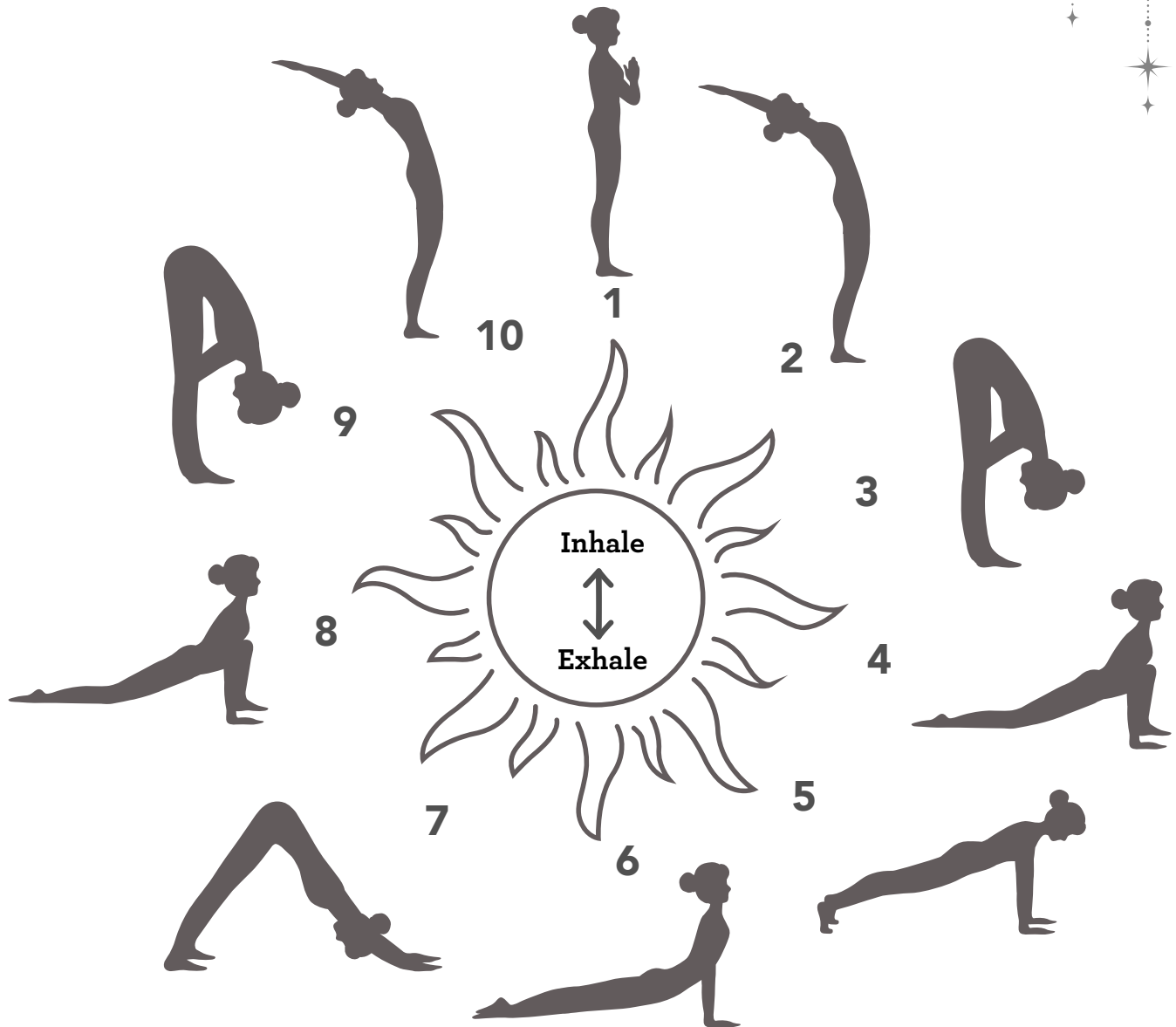
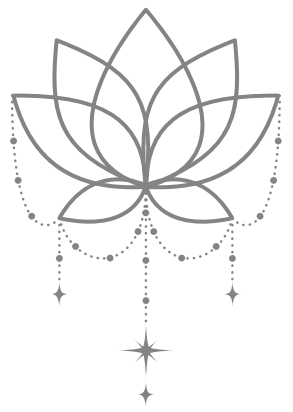
### **Leaf Breathing**



*Hold a leaf in one hand  
and trace along the edge  
of the leaf with your  
pointer finger. As your  
finger goes up, inhale  
slowly, and as your finger  
goes down, exhale  
slowly. Inhale up, exhale  
down.*

## Sun Salutations

*Follow the images to complete the yoga flow.*



*"The goal of life is to make your heartbeat match the beat of the universe,  
to match your nature with Nature."*

*—Joseph Campbell*



*"What is the good of your stars and trees, your sunrise and the wind,  
if they do not enter into our daily lives?"  
-E.M. Forster*

### **Nature Walk Meditation**

*Using your 5 senses, quietly go on a walk while noticing the nature around you. After you return, reflect and fill in what you experienced below.*

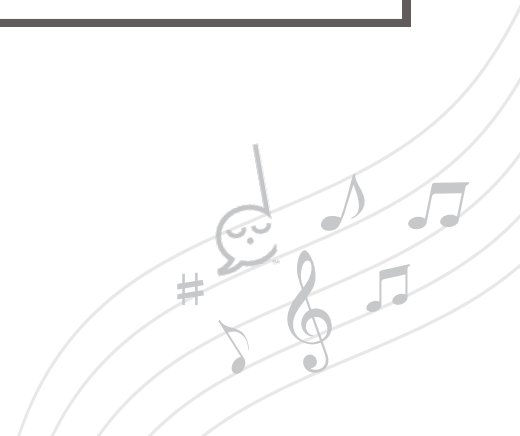
**What insects did you see?**

**What surfaces did you feel?**

**What animals did you hear?**

**What plants did you smell?**

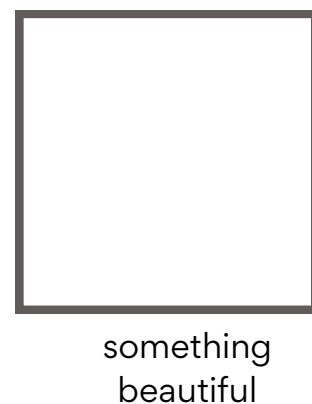
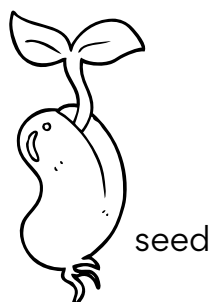
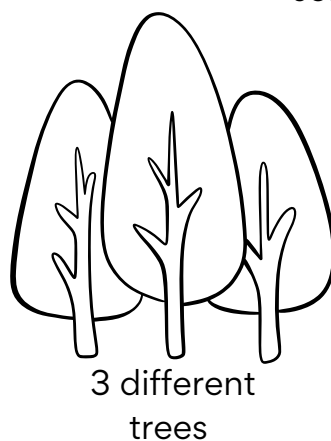
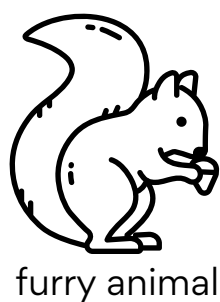
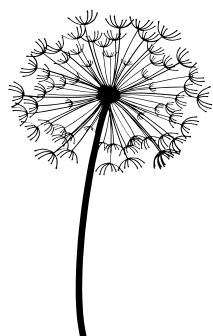
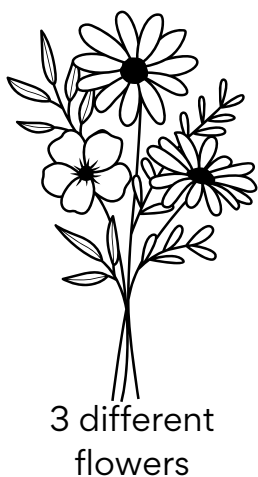
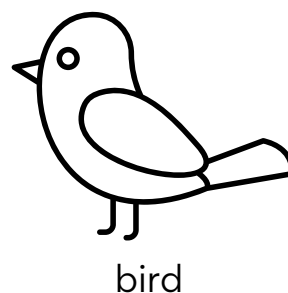
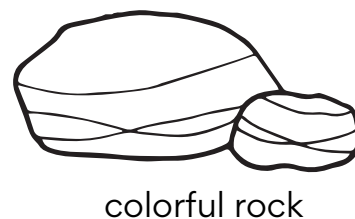
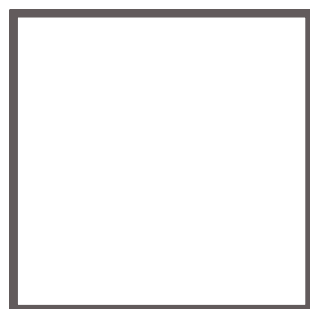
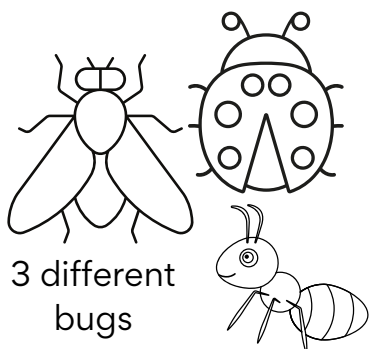
**What did you taste in the air?**





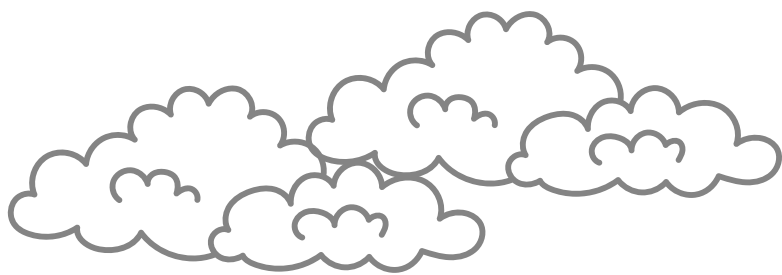
## Scavenger Hunt

As you discover each item, circle or color in the picture and draw what you've found.



**Look up at the sky!**

*Draw what the clouds look like to you.*

A large, empty rectangular box with a thin black border, occupying the central portion of the page. It is intended for a child to draw their interpretation of clouds.





### Fun fact fill in

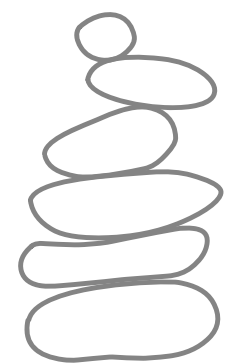
Use the word bank below to fill in each sentence about our amazing planet, Earth.  
(Answer key on last page).

AIR  
BEES  
BLUE WHALE  
EARTH

FIRE  
GRAVITY  
MOON  
OXYGEN

SHARKS  
THIRD  
TREES  
WATER

1. Earth is made up of 70% \_\_\_\_\_.
2. \_\_\_\_\_ supports all plant and animal life on Earth and allows humans to breathe.
3. The \_\_\_\_\_ is the largest animal to ever exist.
4. \_\_\_\_\_ keeps our bodies grounded and free from floating.
5. There are more \_\_\_\_\_ on Earth than stars in the Milky Way.
6. The four elements that make up our planet are water, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
7. \_\_\_\_\_ pollinate plants which provides an essential source of food for wildlife and people.
8. Earth is the \_\_\_\_\_ planet from the sun.
9. Long before dinosaurs, \_\_\_\_\_ were swimming around in our oceans.
10. The gravitational pull of the \_\_\_\_\_ creates ocean tides.



*"Always be on the lookout for the presence of wonder."  
-E.B. White*



What do you wonder about Earth?

*I wonder if...*

Earth\_\_\_\_\_

trees\_\_\_\_\_

birds\_\_\_\_\_

clouds\_\_\_\_\_

mountains\_\_\_\_\_

oceans\_\_\_\_\_

sand\_\_\_\_\_

sunlight\_\_\_\_\_

\_\_\_\_\_



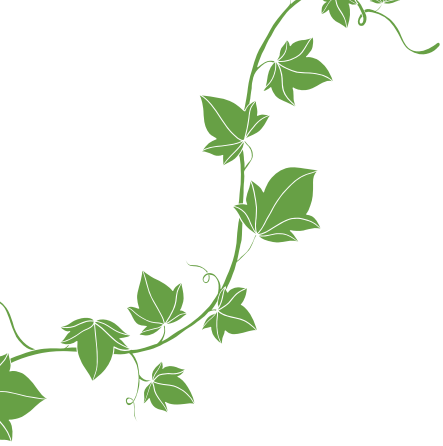
*"Where flowers bloom so does hope."*  
— Lady Bird Johnson

# LOVE EARTH



## Answer Key

1. WATER
2. OXYGEN
3. BLUE WHALE
4. GRAVITY
5. TREES
6. FIRE, EARTH, AIR
7. BEES
8. THIRD
9. SHARKS
10. MOON



**THEWELL™**

THEWELL.WORLD

