



Finding awe

Awe is a positive emotion felt when in the presence of vast or novel things not immediately understood — it reduces self-focus, promotes social connection, and fosters prosocial actions by encouraging a “small self.” Studies have found awe:

- Improves mood, self-reported life satisfaction and critical thinking
- Increases feeling of generosity and cooperation and connection to community
- Lowers levels of inflammation

Experiencing awe with a tree

You create an awe experience in various ways. In this exercise we’ll use a tree.

Go outside, look out your window or find a video of a tree. Look at it for four minutes. Look at it from different angles or heights. Get close to the bark and leaves. Smell it if you can. Watch the leaves and branches move with the wind. Observe wildlife in or on the tree.

1. What do you notice about the tree? _____
2. How does the tree make you feel? _____
3. What new things did you see, hear or smell? _____
4. Did you feel awe? _____

Draw your tree below.

