Northwoods Pathways Reflection

This week you participated in an outdoor experience as part of Northland Highways. Please reflect on this experience by answering the following questions.

1. Describe your experience. Don’t just describe exactly what you did. Also describe what you saw, what you felt, what you talked about with others, etc.?
2. What did you like about the experience?
3. What did you not like about the experience?
4. How did you feel or think differently on the van ride back compared to the van ride to the experience?
5. Which of the ten reasons why being outside is important described in the module reading resonates the most with you? Explain why.