

# NORA NOTICES

## Self-guided trail

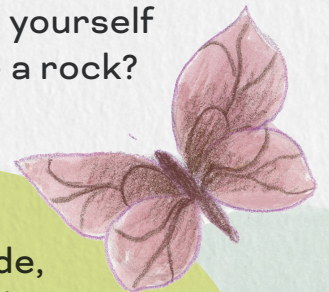
Look closely at the minerals display on **level 3** – it is full of glittering stones in different shapes and colours.

Use your body to make the shapes of the minerals.



Take a deep breath and let it out slowly while standing up on your toes. Can you make yourself feel light like a butterfly?

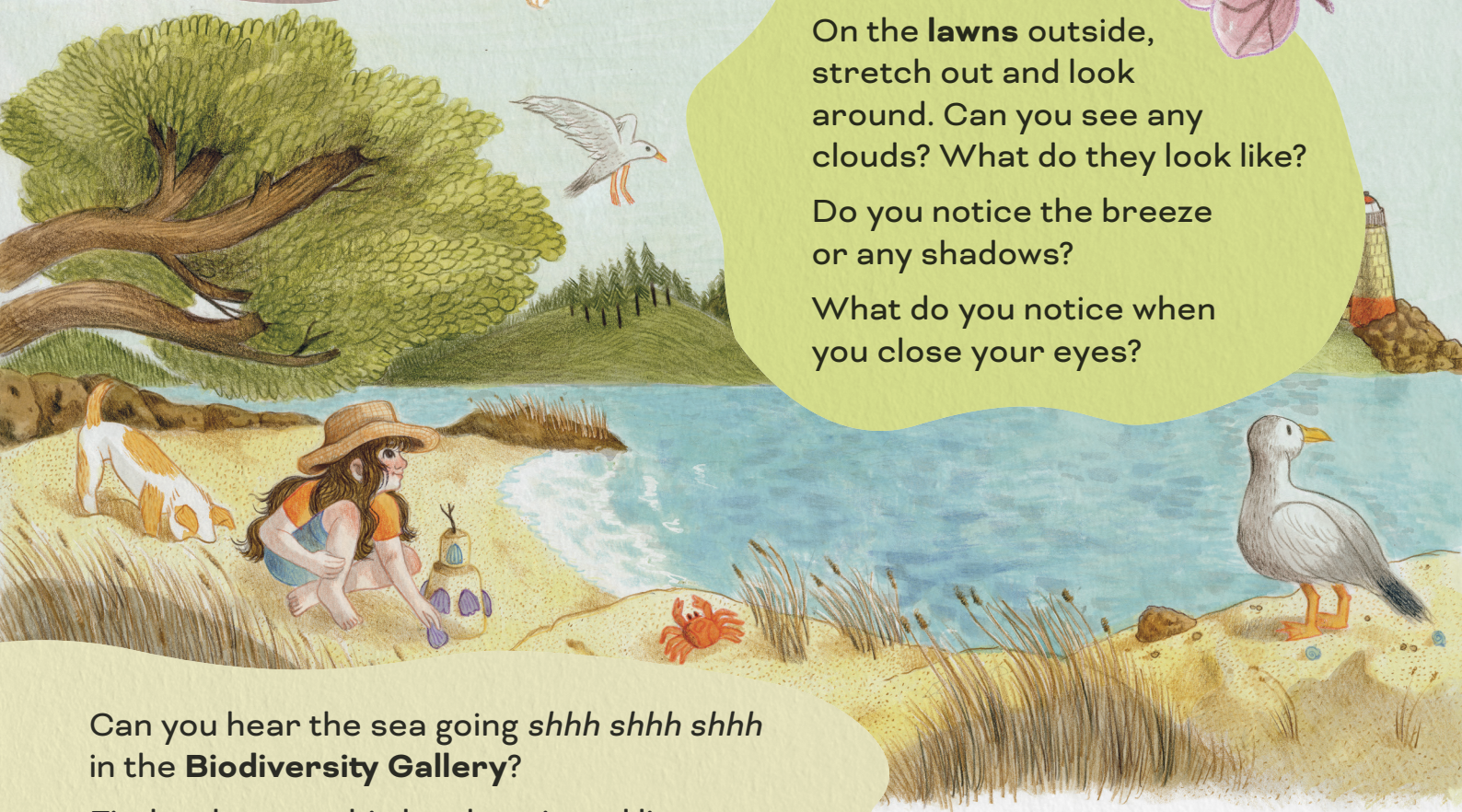
Can you make yourself feel heavy like a rock?



On the **lawns** outside, stretch out and look around. Can you see any clouds? What do they look like?

Do you notice the breeze or any shadows?

What do you notice when you close your eyes?



Can you hear the sea going *shhh shhh shhh* in the **Biodiversity Gallery**?

Find a place on this level to sit and listen. Close your eyes. What else can you hear?