Standing in a circle, reach arms out to the side and look at the top of the person’s head opposite you. Relax your eyes (unfocused) and wiggle your fingers while moving your hands forward until fingers on both hands are visible while still looking straight forward. This type of vision allows a naturalist to observe movement while walking down trails and sitting in observation positions.
Cup your hands behind your ears to hear better by blocking sound from behind, and to help fix the location of a sound. Be careful not to make loud noises while doing this as it may hurt your ears.
Stand upright and walk forward, lifting feet high. While stepping down, carefully place the edge of your foot on the ground, rolling on the outside edge of the foot towards the toes. Then lift off from the toes. Practice this until you can do this smoothly. Avoid stepping on twigs or dry leaves to prevent making loud noises.