

Canyoning Reflection
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It was fun to go canyoning! I needed process to go up/down the canyon. First, I needed to see the rock to know if it was slippery or not. Also, I had to test the rock if it is weak to lift me or not. I also had to know if it is big rock or a small rock to walk.

I had some feeling going up/down canyon. First, I felt scared when I was canyoning the first part because I never tried it before. Next, I started to feel comfortable. I felt fun when I was at the last part of the canyon because I felt fun that I have finished the canyon.

By going up/down the canyon, I learned a lot of things. First, I learned that you should do three points of contact when you are climbing the rock. Also, I learned that green rocks are slippery that you could slip and trip down. The last thing I learned was you don't have to be scared when doing something new.