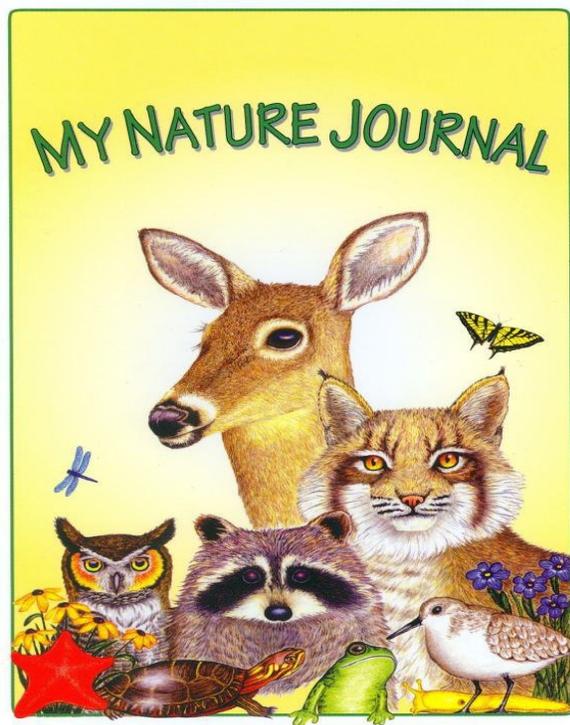


Wow, God! - Finding the Spirit in the natural world.

What is more spiritual than our natural world? Look at creation! Is there anything more magnificent? From the tiniest organism to the tallest mountain, look at the variety of all that covers our Mother Earth. We are lucky in our quarantining to have yards and conservation trails to explore. And remember what my Finnish grandmother would say, "There is no bad weather, only inappropriate clothing." Get out in all weathers and note changes!

My children and I loved using Adrienne Olmstead's *My Nature Journal*. There are a variety of activities so something is sure to spark something for your child.



WRITTEN AND ILLUSTRATED BY ADRIENNE OLMSTEAD

MY NATURE JOURNAL

A Personal Nature Guide for Young People

Start your lifelong adventure into nature with My Nature Journal.

This book will help you . . .

- Search for animal tracks in a woodland
 - Discover a special place in a meadow
 - Find aquatic insects in a stream
 - Explore tidepools at a seashore
 - Watch for nocturnal animals at twilight
- and much, much more!

This journal will become special to you, because it will be filled with your thoughts, your sketches, your observations and discoveries.

MY NATURE JOURNAL is your personal nature guide!

There are lots of nature journals to choose from. Find the one that you like best.

Barbara Brown Taylor suggests ways of "spiritualizing the secular". You may choose to name God or Spirit, or just use the words wow, thank you, please, help, sorry.

1. Keep something growing in your home. If you have a pet, you may take more responsibility for taking care of him/her. Or the plants in your home - you can water them!
2. Go outside and read a poem to a tree. You can find a poem or write a poem. Read with intention - giving this gift of your time and attention.

3. Take the attached moon calendar and tape it up somewhere where you can find it. Learn to predict the moon's phases. Get in touch with the rhythm of the month, from one month to another. Go out and howl when the moon is full!
4. Sit in front of a fire and watch the flames move and creep. If you have a fireplace, great. You can even sit in front of a candle. Look at the colors. Feel the warmth. Fire is a basic element... when we mastered the creation and storage of fire, humans took a developmental leap. Wow!
5. Go out and turn over a stone. Or two. Or three. What natural treasures do you find?
6. Go outside and learn the call of one bird. When you're able to identify the call whenever you hear it, learn another one.

I would add one more thing... share what you find, see, experience, feel! Share it with the people in your home or who you have phone or video chats with!

If you really want an adventure, make your own Nature Journal. Parents, you can do some quick research and make pages for your children to...

color	drawing challenge (draw a tree, fish, leaf)	press flowers or leaves	
list things they find	scavenger hunt	name animals	write a story
create a poem	match animals with animal facts	sing a nature song	
word find	maze (get the squirrel to the tree)	record time outside (# minutes)	