

2021 -2022 RVWET – ERRP TOWN CREEK RESTORATION ENRICHMENT PROJECT MODULE 1, KIT 1 “LEARNING TO OBSERVE”

WHAT ARE “SENSES”? Using ALL your senses and observing the beauty surrounding you?

Eyes, Ears, Smell, Taste and Touch are our 5 basic physical senses. Not all these senses can always be used at the same time, however. Sometimes you must use your COMMON SENSE to know when you should not taste or touch something you come across in nature.

HOW TO FULLY BE PRESENT AND OBSERVE – Exercise Suggestion

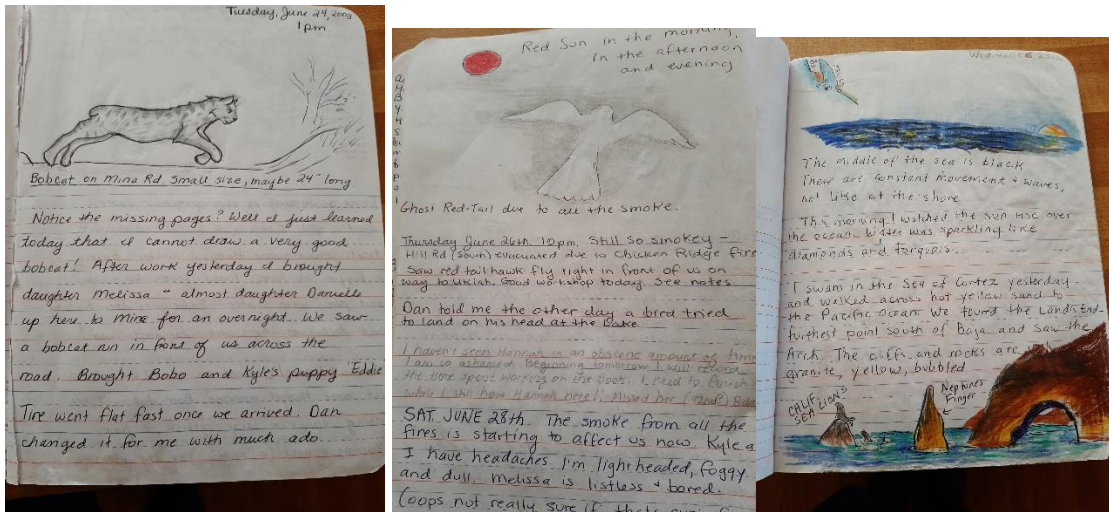
When you take a walk in nature: STOP, LISTEN, LOOK, LOOK CLOSER, THINK, WRITE AND DRAW

- 1) **STOP AND LISTEN.** Close your eyes, stand and breathe in and out a few times. Next, keeping eyes closed, listen. Keep a mental note of what you are hearing: wind, leaves blowing, birds, frogs, laughter.
- 2) **LOOK AND LOOK CLOSER.** Now open your eyes and look around. What do you see at first glance? Trees, a stream, grass, birds, squirrels? Flowers? Clouds? Find one thing you want to look closer at and maybe sketch or jot notes about. Trees are great things to study closer. Pick one. Any moss or lichen growing on it? Any insects crawling up the trunk? Any holes for bugs or animals to live in? Is the trunk smooth or rough? Is the bark peeling like a madrone or manzanita? What about the leaves, what shapes? Do you know there are at least 20 different species of oak trees in California?
- 3) **THINK.** Any questions come to mind? Like, is this tree healthy or is it suffering from drought or bugs? How old might this tree be and is there any way to find out? Does anything live in this tree? Does anything eat the leaves on this tree?
- 4) **WRITE AND DRAW.** Yay now grab your journal and do a quick sketch. Don't care if it isn't perfect as long as looking at it can bring the real trees image back to mind. I look at trees as individuals. They seem to be frozen in dancing positions, or straight and tall. Use your imagination. Look at some examples of how someone might have written and drawn on a nature journal. Write as much as you want or minimally. “Hike, Monday Sept 1st. To creek. Heard birds, crickets. Saw fluffy clouds. Studied this tree. I guess it is an Oaktree because it has acorns growing on it. I like the way the branches twist.



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5) Examples of info you can put into your journals, taken from Viviana Field’s old journals:



Student Journals:

