



# GROWING YOUR HOME TO INCLUDE NATURE

*Updates from the Forest*



## WHAT IS NATURE EXPLORERS?

Nature explorers is more than just "fun in the woods", it is an experience that appeals to children's senses. It requires them to slow down and take it all in. It asks them to challenge their mind and body. It taps into their inner observer and reinforces the idea that nature is to be marveled at as well as measured. It reminds children that we, humans, are part of nature and we must act as stewards of it. It is not enough to take from nature's resources or rush down its trails without pausing to appreciate the wonder and beauty that surrounds us.

*"In every walk with nature, one receives far more than he seeks."*

*- John Muir*



## A DAY IN THE FOREST

- 2:45pm Pick up from Lakeway Elementary School and enter town forest trail directly behind the school.
- Hike and play games to reach the top of the hill
- Snack and group commitment
- Daily intro: story, poem, inquiry questions, discussion
- Activity 1: art, songs, interactive, reflection
- Activity 2: active/large group movement
- Nature Journal Time
- Nature Free Play/Exploration
- 5:00pm Children are picked up at the town forest entrance at the top of Timber Lane



## PROGRAM FLOW

At the start of the 8 week session children will connect with one another and the forest environment. They will explore the land we spend time on and learn the basics of keeping a nature journal. They will start a list of questions and topics they want to explore during our weekly adventures. As the weeks progress children's questions will drive the programming as they gain confidence in the forest, learn new skills, use scientific tools to measure the environment, and dig further into seasonal themes that arise. By the end of the program children will have the opportunity to use consensus building to plan their own forest explorations.

## UPCOMING PROGRAMS

Winter programming will start in mid-January and run once a week to mid-March. Children should come prepared with clothes for all weather conditions that may occur that day and pack plenty of snacks and water to keep them happy until pick up at 5pm. There are no inside facilities. We welcome experienced nature goers as well as first timers, so don't hesitate to reach out with questions. Nature Explorers is part of a larger family of programs called Nature Adventures that is designed to support families as they head outside and benefit from all that nature has to offer. Check out the Growing Home website to learn more about our programs and services. Registration for winter Nature Adventures programs begins December 1st.

*"When children come into contact with nature, they reveal their strength".*

*- Maria Montessori*



growinghometogether.org  
sarah.growinghome@gmail.com  
802-424-0486  
@growinghomellc

