

### Go Outside for Crying Out Loud!

Here is your schedule for your daily fresh air lesson. You will need to create a journal for this activity. Since this activity is designed to be done far away from electronic devices, I may never see your beautiful work. Since that is the case, your very own adult will have to grade it for me. So, once a week you must turn in a picture of your very own adult holding your journal with a thumbs up if you passed. Of course your very own adult may wish to share in these activities and do their own journal. If so, you may grade them and send in pictures of you holding their journal with your thumbs up or down.

**Monday: 5 Senses Poetry** - Put tape on your mouth (optional). Go outside for ten minutes looking for signs of Spring. When finished, write a quick sentence each for what you saw, heard, smelled, tasted and felt. Then minimize each sentence and put it together as a poem.

**Tuesday: Bird Hunt** - Go outside and see what birds you can see around your house and neighborhood. This is best done early in the morning! See if you can identify them and keep a list of what you see. If you don't have a good bird book, check online with the Cornell Lab of Ornithology website. See if your list changes through Spring. Binoculars are a big help if you have them.

**Wednesday: Stare at a Tree** - Find a tree branch that has buds on it. Tie a piece of string onto it so you can easily find it next week. Make a sketch of what it looks like each week. If leaves have already started to grow, oh well, watch the changes anyway. After you have enough sketches you could draw them on index cards (or something) and make a flip book!

**Thursday: Nature sit** - Go find a nice place to just sit quietly by yourself for at least 15 minutes. Write a journal entry about your experience.