

***Solo in Nature*** Lesson for all age groups

**Teaching Point:** Writing while in nature is a way to get in touch with your feelings and higher self. It is a way to connect back with nature, something we do not do as much anymore in our bustling, fast paced, modern way of living.

**Time:** 30- 60 minutes depending on age of participants

**Materials:** Notebook and pencil, or clipboard with paper and pencil

<b>Architecture</b>	<b>Lesson Script</b>
<p><b>Set</b></p> <p><i>1- 2 minutes</i></p>	<p>Think back to a time when you were so focused doing something that time just seemed to go by without you realizing it was. This is sometimes called “being in the zone.”</p> <p>When you get into the zone your pulse and breathing rate slow. You have more focus and creative power as well. Poets and writers often get inspiration when they have time in nature.</p> <p>Today, you will spend time spread out to be more “secluded” in nature in order to contemplate and write.</p>
<p><b>Teach</b></p> <p><i>5 minutes</i></p>	<p>For centuries humans have known that being in nature revitalizes, soothes, and inspires people to be more whole and wholesome. In fact, the Transcendentalists of the mid-1800’s believed people should live a simple life connected to nature. Famous Transcendentalists like Henry David Thoreau and Ralph Waldo Emerson spent time outdoors away from the city to write and connect with the greatness of Nature. Artists, philosophers, and writers from all ages have sought out the solitude they experience in nature in order to create their art. It is often in nature that we “get in the zone.”</p> <p>You will need your notebook or clipboard, paper and pencil. Each of you will be separated by at least 30 feet to sit quietly in a comfortable enough spot for you to take notice of what is around you. Do your best to quiet your mind and your body. You may write about anything you observe or sense. This may lead you into writing about how you are feeling or take you to another topic altogether. The goal is to keep on writing, even if you shift from topic to topic. Some of you may like to add illustrations or sketches to your writing as well.</p> <p>To help you focus, I have two questions for you to address as you begin your writing:</p> <ol style="list-style-type: none"><li>1) What is nature?</li><li>2) What is my role in nature?</li></ol> <p>Please copy these down on the top of your paper before you head out to your spot. We will be sitting in our spot for _____ (20-45 minutes depending on the age group) Remember this is a quiet time to think, write as much as you can. Keep that pencil moving across the page. See if you can get in the zone.</p>
<p><b>Active Engagement</b></p> <p><i>20- 45 minutes journaling</i></p>	<p><b>Leader positions group members far enough apart so they are safe within view, but spread out so that they focus on their task and they have a feeling of solitude. For younger children 4-7th grade, this will be more difficult. Be sure to provide enough supervision, so that students can be redirected and kept quiet in their spot until the activity is over (about 20 minutes). Adult supervisors should only roam around the group as necessary, since movement distracts from the activity.</b></p> <p><b>After the given time, call the group back together. Allow younger groups a movement break in a flat, spacious area before sharing. (Red Light, Green Light, Freeze Tag, Simon Says, group song...)</b></p>

<p><b>Debriefing</b></p> <p><i>10-15 minutes</i></p>	<p><b>If the group is not too large, have everyone share as a group. If time is short and/or the group is very big, divide into groups with separate leaders for each group.</b></p> <p>Now we would like to hear some of your thoughts and have you share your writing with us. Some of you wrote longer pieces and may just want to share a line or two, or a segment of your piece. Who would like to share first?</p> <p><b>After each person shares, the leader can thank that person for sharing and move to another person. To solicit more sharing, keep feedback general and brief.</b></p> <p><b>Finally, ask how people felt doing the solo? How many got into the zone? What was hard? What was easy?</b></p>
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