



Hello from Tanglewood and Blueberry Cove 4-H Camps and Learning Centers!

We hope you enjoy this weekly journal full of activities to do indoors and outdoors.

Expert tip: You can punch a hole in the top left corner of these pages and thread new pages on each week. Tie it with a string!

We left space to decorate the cover of your journal. Look for activities to fill the pages of your journal in the coming weeks.



Ways to enjoy this journal...

- In your house
- With a mouse
- On your lawn
- With a fawn
- By yourself
- Near a shelf
- With a dog...or a frog
- With someone young, old, tall or bold...
- When it's warm, rainy or cold
- With a teacher or a high-goal-reacher



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Journal

Reflection

REFLECTION

What is a journal?

What are other ways to share ideas instead of writing?

Neat Nature Notes

Find something inside or outside that interests you.

Use your senses to observe the object, and then complete these statements:



I notice

I wonder

It reminds me of



What do these four images have in common?
Hint, there is not one correct answer!

Try this!



Un-nature trail

Materials Needed:

- 'Un-nature' objects--objects not typically found outdoors in nature-- which can be gathered from around the house, the garden shed, the recycling bin...
- A washable bag to collect the objects

Instructions:

1. Go outdoors and partially hide the 'un-nature' objects along an established trail or in various locations around the yard or another outdoor space. Make sure at least part of each object is visible.
2. Challenge participants to walk the 'un-nature' trail and find the objects you hid. Do not tell them what they are seeking ahead of time!
3. Collect objects in a washable bag...make sure you remember how many objects you hid and where. Participants might not find them all!

Draw this!

What is something beautiful you have noticed recently?

You will have many chances to draw in your journal. What you see is unique—no one else will see an object in the same way you do! Do not worry about what your drawing looks like!

Let's stay connected!



Photograph and share your journal entries on our Facebook pages, and view our live videos hosted daily at noon!

<https://www.facebook.com/tanglewood4h>
<https://www.facebook.com/bluberrycove4h/>

Visit our website for more fun and educational STEM and mindfulness activities, neat nature photos, poetry, and the nature joke of the day.

<https://extension.umaine.edu/tanglewood/>

