



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

We hope you are well and looking forward to some fun journal activities. Here are two pictures of what our woods looks like now.

*When you look out your window, do you see similar or different images?*



# Acrostic poem



## Materials Needed:

- Writing utensil, paper, and a surface to write on

## Instructions:

1. Go outdoors and spend some time looking for an object or setting that interests you. Use your senses to make observations. Decide what the object or setting reminds you of; what do you wonder?
2. Write down some notes or words that come to mind when you make your observations.
3. Write some lines or sentences about what you observed, with each line or sentence beginning with a letter of the thing you observed in order that it is spelled. Pick a title – it can be mysterious or it can describe exactly what you observed. You could share your poem out loud with a tree, pet, family member, or nobody. You are writing *across the page*; that is where the type of poem gets its name.

## Example acrostic poem

### Daffodils

**D**ancers in the breeze  
**A**n astonishing array of yellows  
**F**lourishing in wetlands  
**F**orgotten as soon as the lilacs bloom  
**O**pening in sunshine  
**D**utifully planted in autumn  
**I**ndifferent to spring storms  
**L**ittle clusters of joy  
**S**quished by a curious deer

*Now... it is time to write your own acrostic poem! Remember, anything you write about your observations is wonderful!*

## Reflective Questions:

- How does looking at something, talking about it, and writing about it differ?
- If someone wrote a poem about you, what details would they include; that is, what would they notice or wonder about *you*?

Space to write your acrostic poem

A large, empty rectangular box with a thin black border, intended for writing an acrostic poem. The box is centered on the page and occupies most of the lower half of the document.

# Neat Nature Notes

Find something you are curious about.

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



It feels like...

---

It smells like...

---

It looks like...

---

It sounds like...

---

Try this with several different objects! How do they compare?

## Draw this!

What new signs of spring have you noticed?

A large, empty rectangular box with a thin black border, intended for a student to draw their observations of spring signs.

# Reflection

If you could grow anything in a garden or pot on a windowsill, what would you grow and why? *Hint: your answer does not have to be a food! Write or draw your answer below.*



***Ask someone you know...***

How do you think plants like this tulip survive when it snows in spring?

What are some of the first plants you notice coming up each spring?

# Try these!

## *Science activities to engage your senses!*

### **Tree flip book**

#### **Materials Needed:**

- Several small pieces of paper or a small notebook
- A writing utensil

#### **Instructions:**

1. Go outdoors and find part of a tree, like a leaf or a branch with twigs on it.
2. Use your senses to make up-close observations. What colors do you see; what evidence do you see that new leaves or flowers are emerging? What do the buds feel and smell like?
3. Take a moment to draw or write about what you noticed on a notebook page or small piece of paper.
4. Repeat your observations with this same part of the tree every day or every other day, and after a few weeks, flip back through your tree book and notice how your tree has changed over time!



# Color bracelets

## Materials Needed:

- Any tape— wide masking tape works best; older children might use duct tape

## Instructions:

1. Put a piece of tape loosely around your wrist, like a bracelet, sticky-side out.
2. Search around you for interesting items that are different colors—try to only select items that are no longer alive.
3. Attach small pieces of each item to the tape in a colorful pattern!



# Make your own secret missions

## Materials Needed:

- Several small pieces of paper, cut into index card-sized pieces or index cards
- A writing utensil

## Instructions:

1. Notice what is around you
2. Write or draw images of “secret missions” on the pieces of paper or index cards—these are objects or experiences you want someone to try in nature. For example, one secret mission could be, “Find a plant that does not lose its leaves in the winter.” OR you could draw a picture of a shape of rock you want someone to find!
3. Keep your missions a secret! Surprise others by handing them a secret mission when you are outside. See if they can achieve the mission!



# 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/>

