

Lesson 1: I Notice...

Grade: 3-8

Materials: Trail walk film and screen; I Notice foldable; pencils and colored pencils

LEARNING OUTCOMES

Students will:

- Observe nature closely by looking from new angles and taking their time
- Draw and label what they notice



BREATHE & ARRIVE: Trail Breath

1. Find a spot where you feel steady, sitting or standing. Plant your feet like roots.
2. Rest your hands wherever feels good: on your heart, your belly, or your knees.
3. Let your eyes go soft on one spot, or close them.
4. Breathe in slowly, like you're smelling the air at the trailhead. Breathe out, like wind moving through the willows.
5. Take three of these breaths together.
6. On the last breath out, let your shoulders drop.
7. Open your eyes and look around. Notice one thing in the room you didn't notice before.



CONTENT PRESENTATION

- Watch the film once, just for fun.
- Introduce noticing: we can look closely, look from new angles, look deeper, and take more time to sit with nature.
- Watch again. Pause on anything that deserves a closer look. Rewind and rewatch.



LEARNER PARTICIPATION

- I Notice foldable: Notice, draw, and label 2 different plants or trees.



ASSESSMENT

- Walk around, look around, and talk around.
- Check each foldable for 2 different plants or trees, drawn and labeled.

FOLLOW-UP ACTIVITIES

- Notice one plant near your home or school the same way. What do you see that you missed at first?

Lesson 2: I Wonder...

Grade: 3–8

Materials: Trail walk film and screen; I Wonder foldable; Old Neighbors and Newcomers reading (Grade 3 or Grades 6–8 version); pencils

LEARNING OUTCOMES

Students will:

- Turn what they notice into questions
- Use a reading to find answers to their own questions



BREATHE & ARRIVE: Trail Breath

Lead the Trail Breath from Lesson 1. For the last step: Open your eyes and think of one thing from the film you're curious about.



CONTENT PRESENTATION

- Rewatch the film.
- Model wondering: turn a noticing into a question. "I notice the willows grow by the creek" becomes "Why do willows grow by the creek?" Try question starters like why, how, and what if.



LEARNER PARTICIPATION

- I Wonder foldable: Write 5 questions about what you saw that you could research later.
- Read Old Neighbors and Newcomers. Next to each question, write what you learned. Circle any questions the reading didn't answer.



ASSESSMENT

- Walk around, look around, and talk around.
- Check each foldable for 5 questions, with at least one answered from the reading.

FOLLOW-UP ACTIVITIES

- Research one circled question at home, in the library, or online.

Lesson 3: It Reminds Me Of...

Grade: 3-8

Materials: Trail walk film and screen; It Reminds Me Of foldable; pencils and colored pencils

LEARNING OUTCOMES

Students will:

- Connect what they observe in nature to their own lives
- Put their observations into their own words



BREATHE & ARRIVE: Trail Breath

Lead the Trail Breath from Lesson 1. For the last step: Keep your eyes closed and picture an outdoor place that matters to you.



CONTENT PRESENTATION

- Rewatch the film.
- Model making connections: share something from the film that reminds you of your own life, like a place, a person, or a memory.



LEARNER PARTICIPATION

- It Reminds Me Of foldable: Write or draw 3 ways what you saw connects to your own life.



ASSESSMENT

- Walk around, look around, and talk around.
- Students share one connection with a partner. Check each foldable for 3 connections.

FOLLOW-UP ACTIVITIES

- Ask a family member about a plant or outdoor place that matters to them.

Lesson 4: Be Outside!

Grade: 3-8

Materials: Nature Journal page; all three foldables; art supplies (watercolor, pencil, markers) or a camera

LEARNING OUTCOMES

Students will:

- Reflect on what they learned from noticing, wondering, and making connections
- Use all three skills to make a detailed piece of outdoor art



BREATHE & ARRIVE: Trail Breath (outside if you can)

Lead the Trail Breath from Lesson 1. For the last step: Open your eyes and listen for 3 different sounds.



CONTENT PRESENTATION

- Review the three foldables: noticing, wondering, and making connections.
- Show what a strong final project includes: 3 labeled details, 3 questions, and 1 connection.



LEARNER PARTICIPATION

- Journal: How do you feel now? What did you learn from noticing, wondering, and making connections?
- Go Outside & Create: Take your favorite art materials outside, wherever you are. Pick one thing in nature and draw it with as many details as you can. Photography, film, or other outdoor media work too. Include at least 3 labeled details, 3 questions, and 1 connection.



ASSESSMENT

- Walk around, look around, and talk around.
- Students share their project with peers, a teacher, and a parent. Check it for 3 labeled details, 3 questions, and 1 connection.

FOLLOW-UP ACTIVITIES

- Draw a plant, a tree, and a rock, animal, or bug. All of these are out there, even when it's snowing.