

LEARNING BEYOND THE CLASSROOM

Thank you for having your child participate in the Mindfulness in Nature Club with Heritage Conservancy.

During the 6-week program, students have:

Nature:

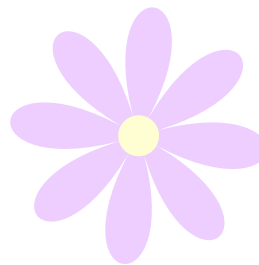
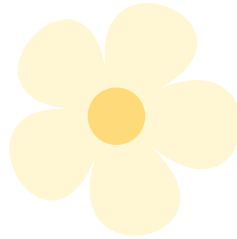
- Explored nature on school grounds;
- Used their senses to observe nature and relieve stress;
- Discussed things we can do to help the environment, to foster care and concern for nature;

Science:

- Participated in outdoor games and activities to learn about topics such as trees, wildlife, pollution, and water quality.

Mindfulness:

- Reflected on the reasons why we love nature, what we are grateful for in nature, and how nature makes us feel;
- Started writing and drawing in their very-own nature journal.



**HERITAGE
CONSERVANCY**

Land • History • Community

Heritage Conservancy
85 Old Dublin Pike
Doylestown, PA 18901
215-345-7020
HeritageConservancy.org

Continue the conversation and learning at home:

- Encourage your child to keep writing in their nature journal to relieve stress, increase self-awareness, and problem solve. Prompts could include writing about the weather, a favorite outdoor space, jotting down what they see in nature, or simply how they are feeling in the moment.
- Take a walk outdoors with your child, and as you are walking, ask them to observe and point out sounds they hear, colors and shapes they see, or plants and animals they can identify.
- Check out Heritage Conservancy's *At Home with Nature* page on our website for free videos and activities to help your child connect to nature from your home.



Upcoming Events!

Stay tuned in via our newsletter for more details coming soon on these events and more:

- **All About Bats:** Learn about our native bat species and help complete a bat count.
 - **Date:** Friday, June 21st
 - **Time:** 7:00 PM
 - **Location:** Christ Lutheran Church, Pipersville
- **Pollinator Palooza:** Enjoy a lovely stroll in a pollinator meadow, games, crafts, prizes, local partners, and food!
 - **Date:** Saturday, August 10th
 - **Time:** 10:00 AM to 3:00 PM
 - **Location:** Jackson Pond Nature Preserve

Nature Journals!

Each student in the Mindfulness in Nature club got to take home their very own nature journal that they have been writing in drawing in.



Ways you and your family can make an impact:

- Visit the *News and Events* calendar on our website to learn more about volunteer opportunities and upcoming events.
- Enjoy some of our ambassador properties near you, including Hart's Woods, Fuller/Pursell, and Jackson Pond Nature Preserves.
- Encourage your friends and family to spend some time outside year round for a natural mood boost!