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## ACTIVITY: My Special Place

### CHALLENGE

Choose and explore a special natural place. Describe the local environment using your senses and discover your own connections to place!

### MATERIALS

- A journal or paper on a clipboard
- Pencil and/or pencil crayons
- A special place at home, in your yard, neighbourhood or in nearby nature
- A sit pad (*optional*)

### EXPLORE

How are you connected to this special place?

### MAKE IT HAPPEN

Before heading outside, **write a few words or pictures** in your journal of things you might find your special place: colours, shapes, smells, textures, and sounds. Make the following headings in your journal:

**I notice...** (I see, I hear, I smell, I feel) **I wonder...** **I feel...**

**Choose and explore a special place.** Find a sit spot. Quietly reflect, observe and explore any connections you might feel to the place itself. You may choose to check out “belly-back” views of your place by first lying face down on the ground and examining what you can see close-up. After a few minutes, turn over onto your back, look up, and explore a back-view of your place.

**Record your observations and connections in your journal using pictures and words.**

### SHARE

Take photos and/or video of your “belly-back” views of your special place. Share your observations with your family, teacher and classmates.

### EXTEND

Visit your special place 2-3 times per week. How does your spot change over time?

Write a descriptive story or poem about your special place (Stay tuned for ‘Stories of Special Places’ coming in May).

### REFLECT

What is special to you about this spot – what attracted you to it?

What does this spot remind you of e.g. past moments, places you have been, or things you have read?

What does this spot tell you about yourself?

*Resource: Get Outdoors, p. 59-60*