

# Gentle Nature Encounters

## THROUGH MEDITATION AND POETRY

How often do we just "pass through" nature, not really interacting, or thinking about what we might see, hear, or smell along the way? A big part of being a steward of nature and learning about the land is experiencing it with all our senses, and finding ways to connect with nature. Also, **research has shown that spending at least 120 minutes outside a week was associated with reduced stress, and better health and well-being.** Let's practice some slow journeys, and softer ways to adventure in nature.

### GENTLE WAYS TO EXPERIENCE NATURE:

#### Meditation

Meditation in nature is a place that wisdom and perception inhabit. Meditating outdoors awakens our senses, making us more alert and aware. Simply sit somewhere outside, close your eyes [if you're stationary], breathe, and experience.

#### Forest Bathing & Nature Walks

"Shinrin-yoku," or forest bathing, is a physical and mental exercise originating from Japan. It's meant to be a mindful experience, allowing us to immerse ourselves in the beauty and stillness of nature. It helps the world to be smaller, quieter, and present. This involves intentionally walking along a safe nature trail, quieting one's self, and feeling and engaging with nature.

#### Poetry & Nature Journaling

Putting words to an experience can sometimes clarify thoughts or lead to new thoughts and associations. Sketch or write some words based on what you sense and feel, then build a poem, a story, a journal entry, or a drawing around them.



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# HOW TO CREATE A NATURE POEM!

## THREE KINDS OF POEMS

First, collect some words from Nature:



What do you see?  
What do you feel?  
What do you hear?

Haiku:



Collect your words, and then count syllables. Haikus land in three lines with set syllables.

5 syllables  
7 syllables  
5 syllables



Cinquain:



A cinquain poem is a verse of 5 lines that do not rhyme, but follow a specific template:

1 noun [person place or thing]  
2 adjectives [describing words]  
3 verbs [action words]  
2 adverbs [modifies the verb]  
1 summary word

Couplet:

A couplet is two lines that rhyme. You can put many of these together for a longer poem!



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Now,  
You  
can be  
a Poet  
too!

**INSPIRING WORDS**

*"Be gentle with yourself."*



# Grab-N-Go

## Nature Lessons Kit

Spend some time in the park. Then, write some nature words here!



Write a poem in this box.  
Read it to a friend!

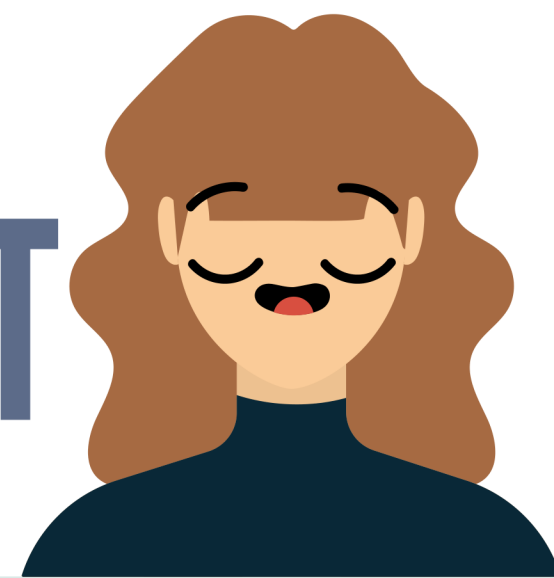


A large green speech bubble containing five horizontal lines for writing a poem.

Draw something from your poem here!



# SNACK LIKE A POET



## INGREDIENTS

Any snack with letters: Alphabet Cereal, Alphabet Crackers, Alphabet Cookies, or Alphabet Soup!

## DIRECTIONS

This treat is easy and is more about play. Simply spread out your letters and see what **nature words** you can create! Then munch them!

