

Frog Watching *Eat Pray Dare*

AUTHOR(S):	Daniel Abramson
SUMMARY:	You will take a walk through the woods to re-discover the wonder of exploring! We will explore the water's edge and flip over logs to notice the awesome things that are happening around us all the time. - <i>Submitted by Daniel Abramson</i>
TOPIC(S):	Nature, Outdoor Adventure, Science
LEARNING OBJECTIVE:	To understand how nature expeditions can become an intentional practice to build the habit of looking for awe and wonder in the world.
AUDIENCE:	Ideal for young campers as a fun bonding experience and for older campers as an active mindfulness practice.
TIMING:	30-45 minutes
APPENDICES:	None
MATERIALS NEEDED:	Large mason jar Magnifying glasses Nature identification field guides
SET-UP DETAILS:	This is a great rain or shine outdoor program. Be sure that whatever the weather conditions that campers have proper clothes and shoes. Prepare a backpack with a small first aid kit, some paper and pencils, and some gear for exploring like magnifying lenses or binoculars.

SESSION TIMELINE & OUTLINE:

“Wonder goes beyond knowledge... Wonder is a state of mind in which we do not look at reality through the latticework of our memorized knowledge, in which nothing is taken for granted. Spiritually, we cannot live by merely reiterating borrowed or inherited knowledge. Inquire of your soul what does it know, what does it take for granted. It will tell you only nothing is taken for granted; each thing is a surprise; being is unbelievable” -Rabbi Abraham Joshua Heschel

CORNERSTONE 2018 RESOURCE

BACKGROUND

I created this program many years ago when I was a counselor for the youngest kids at camp. They used to wake up very, very early on Saturday mornings. The staff in the cabin needed some extra time to sleep so I made a “Frog Hunters” club. Every Saturday morning, we would put on our rubber boots, grab a net and a bucket and go exploring. When we discovered that we had lots of questions about the plants and trees, I picked up some field guides at the bookstore in town. Most mornings we found bugs and puddles and occasionally a salamander or frog.

INTRODUCTION TO OBSERVING USING ALL THE SENSES

The key to creating the magic of this program is to foster curiosity and intentionality in observation. The facilitator should talk about ways to observe quietly, and to use all the senses that they can to explore the environment. Bring a backpack with magnifying glasses, jars, paper, and pencils for making observations.

Here are some ideas to guide participants:

- draw something that you notice that is amazing
- look at something that you have seen many times and examine it until you notice something about it that you never noticed before
- when you notice something, close your eyes for 30 seconds, then look at the thing with again
- create a temporary outdoor museum by asking participants bring things back to the group for a kind of nature show and tell
- bring field guides and challenge participants to identify and learn the names of birds, trees, plants and other things in nature

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

Make sure that you know about any poisonous plants or natural hazards around camp. Be sure to be familiar with the area where you are walking.

