



To aide in nature connection remotely, we have created self-guided activities and lessons for children and adults to enjoy the park and learn along the way. We hope this inspires you to slow down, learn about our beautiful park, and build deep connections with nature. Please bring a clipboard and pen or pencil.

Poetree

Adapted from *The Living Forest*

Nature writing is a wonderful way to connect with nature. This is a simple exercise to stretch your writing skills and can be done out on the trail or back home. Some nature poet recommendations from us include Mary Oliver, Camille Dungy, Wendell Barry, and Gary Snyder.

The word “cinquain” comes from the French word for five, “cinq.” Cinquain is a five-lined poem that is easy to write, as long as you take the time to think about your subject. Just follow the format below!

- Line 1: one word to name the subject
- Line 2: two words to describe it
- Line 3: three words of action about it
- Line 4: four-word phrase about it
- Line 5: one word that names the subject
in a new way

Examples:

Tree
Tall plant
Growing, reaching higher
Branches touching the clouds
Giant

Trillium
Three petalled
Blooming in shade
Indicator of spring, predators
Flower
