



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.

Walking Meditation

Meditation is a way to relax and find connection. Use the prompts below to walk your way around the park in a meaningful and contemplative way.

How many shades of green do you see?

Space for observation:

How many different types of trees and other plants do you see?

What sounds do you hear?

What do you smell?

Does the temperature change as you walk?

Collect leaves (that are dead, down, and detached) to put into your notebook. Try to sketch them and the plant they came from.

If you see a bird, sketch it and describe it in your scientific drawing.

Can you find the flower this trail is named after (in spring only)? What makes this flower unique? If not, did you find any other flowers?

A large, empty rectangular box with a green border, intended for the user to write their observations during the walking meditation.