



Wilderness Weekly

Online Connection, April 6, 2020

Welcome Spring!

We have re-vamped the Wilderness Weekly from our normal weekly newsletter recapping classes and suggesting follow up learning activities to a newsletter with weekly nature connection ideas for your family. We hope you take ideas and make them work for your unique family circumstances. Enjoy!

Quick Links

- [Enrollment is open for Fall 2020/Spring 2021](#)
- [Tuition Reimbursement Request Form, Spring 2020 Courses](#)
- [April Wild Kids Magazine \(fun resource with great ideas!\)](#)

A Look Ahead

- Coming up-- Nature Studies Zoom Meeting (**check your email for specific invitation**), available for all enrolled DWS Students, ages 9-15, no matter which classes (nature, art, or sports) you are enrolled in.

Songs of the Week

[Spring is Here](#) Looking for signs of spring, younger kids.

[Spring is Here](#) Animals singing a funny Spring song. My bigger kids liked this one too!

Poems of the Week

<p>Dandelion Evaleen Stein</p> <p>Hey-a-day-a-day, my dear! Dandelion time! Come, and let us make for them a pretty little rhyme! See the meadows twinkling now, beautiful and bright As the sky when through the blue shine the stars at night! Once upon a time, folks say, mighty kings of old Met upon a splendid field called "The Cloth of Gold." But, we wonder, could it be there was ever seen Brighter gold than glitters now in our meadows green? Dandelions, dandelions, shining through the dew, Let the kings have Cloth of Gold, but let us have you!</p>	<p>Up, Little Ones! <i>by Evaleen Stein</i></p> <p>A robin redbreast, fluting there Upon the apple-bough, Is telling all the world how fair Are apple-blossoms now; The honey-dew its sweetness spills From cuckoo-cups, and all The crocuses and daffodils Are drest for festival!</p> <p>Such pretty things are to be seen, Such pleasant things to do, The April earth it is so green, The April sky so blue, The path from dawn to even-song So joyous is to-day, Up, little ones! and dance along The lilac-scented way!</p>
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Nature Exploration Ideas

Gratitude- *I am grateful for privilege of watching the earth come back to life as new sprouts of green abound. I am grateful for my family and the extra time I get to spend with them. We begin and end all of our classes with gratitude, as being thankful for the earth and all our blessings is a simple way to stay centered. What are you (and your kids) grateful for today (and every day)?*



Open Up your Senses- In class we work toward opening up students' sense through fun sensory games. When all of our senses are alert, we can take in more of what nature has to offer us all around.

Week 1: Sound- *First, open your "Deer Ears" by cupping your hand behind your ears. Listen carefully as sounds in front of you become clearer. Next, cup your hands behind your ears. Then above and below. Notice the difference? Dear can move their sensitive ears in different directions to pick up on sounds all around them.*

Cornell's Listening Game- Simply close your eyes outside and count how many different sounds you hear on your fingers. Talk about the sounds afterwards.

Blindfold Drum Stalk (better for older kids)- everyone in the family is blindfolded except the drummer. Everyone stands silently until they hear a drum beat and then they slowly and carefully walk in the direction of the sound. The drummer beats infrequently, just enough to allow participants to keep moving. The drummer is also allowed to move about the yard.



Sit Spot Challenge- An important part of our classes is the Sit Spot Routine. We have been doing sit spot with older students, and younger students have been working toward it first semester by playing lots of "hiding" games to acclimate kids to sitting still in nature. To begin a sit spot routine, students choose a spot that feels comfortable to them, and they visit that same spot often. This allows us to experience the change in seasons and connect with a special place in nature. Go outside somewhere near home, and find a sit spot with your kids. Visit it regularly. This nature spot will become your safe place to sit in peace and take in quiet pieces of nature that we often overlook while playing outside (leaf-cutter ants at work, the way the wind blows across the grass, birds hopping from branch to branch above us). We start younger students in sit spots for just one minute at a time and build up from there.

Nature Journal- Keep a special notebook just for nature journal entries.
Ideas for April nature journal entries-

Week 1: *Find new spring plants. Many of the plants we call "weeds" can be our friends when we get to know them. Draw them, try to identify them using field guides at home or the iNaturalist app. Later, see if you can find medicinal/practical uses for these plants in your yard/garden.*



Natural Crafting Ideas

Color Eggs with Natural Dyes- This was on our calendar for Crafting class the first week of April. Here is the link to the activity we were planning. There are lots of different ideas out there. Try to use what you already have at home and have fun experimenting!



Outdoor Sports April = Frisbee Month!



Spring is the perfect time for FRISBEE! Play Frisbee in the yard with your family.

[Great Frisbee for kids ages 5-8](#)

[Great Frisbee for kids ages 9+](#)

A good, heavy Frisbee is worth the small investment. It flies more accurately, and will be more fun for everyone to play with. The small, light Frisbees that are often free door prizes are good for teaching technique to really young kids, but anyone age 5+ would benefit from a heavier Frisbee.

First, teach your child to throw and catch a Frisbee. For extra help, watch the videos below.

[How to throw a Frisbee for Older Kids](#)

[How to throw a Frisbee for Younger Kids](#)

Once students get a handle on a good Frisbee throw, you can begin to introduce them to more Frisbee games.

Younger Student Frisbee Games:

1. **Hula Hoop Frisbee Throw-** Hang hula hoops from a tree or clothesline, and have students aim their Frisbee through the hula hoop. Your kids might make an elaborate point system based on distance, taking into account the family member's age... it's fun to see how kids come up with their own rules and games.
2. **Frisbee Tag-** Just like regular tag, but with throwing SOFT Frisbees at one another. This is a kids FAVORITE!
3. **Frisbee Bowling-** Line up water bottles or other light objects on the ground, chairs or a table, and try to knock them down with Frisbees.

Older Student Frisbee Games:

1. **Frisbee Golf-** set up a frisbee golf course around the yard. Have students create a map of the starting and ending points and a "par number" for each "hole."
2. **Ultimate Frisbee-** a favorite for young teens, kids can learn and practice basic skills now, and then implement a game with friends once we are allowed to be together again. 😊