**Weekly Outdoor Adventure Journal**

Spring is coming! This is an exciting time of the year for life scientists because plants and animals that have been dormant, migrated, or in hiding will come “back to life”. Documenting these changes and taking time to notice all the amazing and mysterious living things around us can teach volumes about the place we live and ourselves as animals free on the surface of the Earth.

The assignment:

You must spend AT LEAST 60 minutes (1 hour) outside a week and document your observations and thoughts. The ideal situation would be sitting quietly, alone, and in the same place every time. These are sometimes called “sit spots”. You can sit 10 minutes a day, or all at once, or anywhere in between. I have done this myself for several years. I realize that living in an urban place, this is not always possible. Please do your best to get close to the ideal.

Each entry should have your name, the date, location, and the time on the top. You may want to document your weekly adventures in a separate journal or on single pieces of paper, this is up to you. If you split the hour over multiple days, make sure you write it down.

In recognition of the diverse ways that students learn and express their knowledge students will do one of OR a combination of the following for each entry:

* A sketch of what you see and observe (you don’t need to be perfect, just do your best)
* A poem the experience inspired you to write
* A detailed description of what you observed
* A list of questions that your observations prompted in your brain
* Any other way of expressing the experience for you (please see Ms. Leigh if you have another idea that suits your needs better)

You also must respond to the following questions:

* What surprised you about the experience?
* How is what you observed connected to what you have learned in Life Science class?
* How did the experience make you feel?