**Weekly Outdoor Adventure Journal**

Observing seasonal changes informs us about our home and is super exciting! We will document the fall and the spring changes with this assignment. You can have a separate journal OR simply turn in a paper every week. YOU MUST KEEP your OAJs for the whole year, so you can reflect on the seasonal changes.

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?

每週戶外探險雜誌

你必須花一個星期外至少60分鐘（1小時），並記錄您的意見和想法。理想的情況會悄悄每次坐，獨自一人，並在同一個地方。這些有時被稱為“坐點”。你可以每天坐10分鐘，或一次，或之間的任何地方。我有這幾年做我自己。我認識到，生活在一個城市的地方，這是不可能的。請盡你所能地去接近理想。

每個條目應該有你的姓名，日期，地點，並在頂部的時間。您可能需要在一個單獨的日記或在單張紙記錄你每週的冒險，這是給你。如果分割多天的時間，一定要記下來。

 在認識到學生學習和表達自己的知識，學生將做一個或每個條目下列組合的不同方式：

•中你所看到的，並觀察草圖（你不需要是完美的，只是做最好的自己）

•一首詩經驗的啟發你寫

•您觀察到的詳細說明

•一個問題清單，你觀察你的大腦提示

•表達對你的經歷任何其他方式（請參閱利女士，如果你有適合您的需要更好的另一個想法）

您還必須要回答下列問題：

•什麼讓你吃驚一下經驗？

•怎麼又是你觀察連接要什麼有什麼，你在生命科學類都學到了什麼？

•怎樣的經歷讓你有什麼感覺？