

ACTIVITY

FIND YOUR FAMILY SANCTUARY

PRINCIPLE OF PEACE: Witness

PURPOSE: To increase your feeling of connection with nature.

OVERVIEW: As a family, find a place in the natural world that nourishes you, and go there together seasonally.

MATERIALS:

- ✓ Family Journal
- ✓ Pencil
- ✓ Colored pencils

ACTIVITY:

- ◆ Go exploring together in the natural world. If you live near woods, a park, or an open space where you can walk, explore the area. If not, drive to a place you can explore. Find an area or a particular spot that you identify as your family's nature sanctuary.
- ◆ As you are exploring, notice the beauty and the mystery. Take time to stop and breathe and feel the awe and wonder.
- ◆ Talk about the concept of 'sanctuary.' Maybe there is an Audubon Sanctuary near you.
- ◆ Invite everyone to help in discovering a sanctuary for your family. This will be a place you can come each season to be together in peace.
- ◆ Once you have found your special spot, spend some time there. Sit together and talk about what you notice. Try sitting in silence or playing a round of "I Hear" (see page 32)
- ◆ Pay particular attention to the season and how that affects your sanctuary. Write these observations in your "Family Journal" (see page 57). In this way your family will be prepared to notice changes the next time you come.
- ◆ Allow time for people to make sketches in the Journal.
- ◆ Put dates on the calendar for the next three seasons to ensure that you will return to your sanctuary and watch nature change.