**Session: July 20th - August 21st**

**Week 1: Mindfulness + Movement in Nature – Grays Beach**

Monday:

● Guided meditation + yoga

● Expressive arts – make nature mandalas + journal about the scenery

Wednesday:

● Guided meditation + yoga

● Safari walk + plant identification

**Week 2: Nature Based Creativity – Faunce School – Low-waste arts and crafts from natural materials - possibly harvesting + using flowers from pollinator garden. Also utilizing found materials sustainably collected from week 1.**

Monday:

● craft 1 (tbd)

Wednesday:

● craft 2 (tbd)

Potential crafts: homemade paper; mushroom craft; nature mobiles; painting w/ natural pigments

**Week 3: Exploration – Sampson Park**

Monday:

● Scavenger Hunt + Building Fairy houses

Wednesday:

● Making woodland stick frames and/or woodland jewelry

**Week 4: Sustainability in Action – Reed Center**

Monday:

● Learn about soil, compost, microorganisms, + pollinators (with some sort of coloring or

journaling activity involved)

● Planting native + pollinator friendly plants

● Take home a plant or grow kit (if last day)

Wednesday:

● Plant native + pollinator friendly plants

● Make herbal iced tea from flowers

● Take home a plant or grow kit

About Root to Bloom:

My work as a Nature Connection Facilitator aims to foster community by reconnecting us with Mother Earth and each other so that we can work toward unlearning the illusion that we are separate. I offer my services to schools, educators, parents, camps, and other community organizations to co-create a culture of wellness, joy, and empowerment through our connection with Earth.

About the facilitator:

Julia Claire has a B.A. in Environmental Studies from Colorado College and is a certified Expressive Arts in Nature Facilitator. She completed 200 hours of Yoga Teacher training, and has taught earth-based mindful movement and meditation classes for four years. Her work as a facilitator aims to be decolonial, and she is on the life-long journey of divesting from the colonial paradigm under the training and earth-based teachings of Dra. Rosales Meza. She is currently in training to receive her Permaculture Design Certificate, and is CPR/First Aid certified. Julia is from the unceded ancestral territories of the Wampanoag and Pokanoket peoples, otherwise known as Duxbury Massachusetts.