**Location / Schedule:**

**Session 1: July 8th - July 24th**

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**

**Monday:**

● Fairy houses

**Wednesday:**

**●** Another craft – DIY floral paper, mushroom craft, etc.

Week 3: **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

**Session 2: 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.