

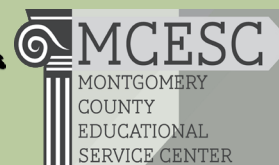
How can nature and outdoor experiences help us manage our emotions?

Vocabulary: peace, solitude, addiction, passion project



Enchanted Pines

For more information visit the DPMP website



Visitor guide designed by students at Dayton Regional STEM School

Visitor Guide

Activity 1

Creating Peace Within Myself

Step 1: Visitors gather at the park entrance and the facilitator sets the stage.

Script

As we enter the enchanted pines, please walk two by two until our entire group is inside the park.

Now that we are in the forest, let's practice "deep listening" which means we all remain completely silent so we can take in as many sounds as possible. We will listen and try to identify and interpret as many sounds as we can.

Step 2: Visitors listen in complete silence for 1-2 minutes. This will help set the tone for peace as well as respect for nature.

Step 3: Facilitator leads a discussion about sounds of nature and connects to the concept of peace, solitude, being quiet with your thoughts, etc.

Discussion Questions:

- What did it feel like to remain silent?
- Is it comfortable for you to be quiet with your thoughts?
- What animal, insect, or forest sounds did you hear?
- Do you often hear these types of sounds?
- In what way could the enchanted pines create a sense of peace for people you know?

Step 4: Facilitator explains that many people use nature to improve their mood, think and work out problems, to feel more connected to their world, to disconnect from technology, and to be more healthy.

Activity 2

Daniel's Story/Finding My Passion

Facilitator connects Activity 1 to the park's purpose and shares Daniel's Story.

Script

Daniel loved to come out to this space throughout his life. He often came here to think, connect with nature, and find peace within himself. Unfortunately, Daniel's life ended way too soon due to his struggle with a medical disease known as "addiction". Daniel's death was a tragedy for the family and community. Daniel's father (Scott) committed his life to helping others who also battle this disease. He wants to help people find ways to achieve more peace in their lives. Scott built Daniel's Peace Memorial Park to honor his son and to help his community. This is Scott's "passion project" and you are now able to experience this park for yourself. Please remember the purpose of this park as you tour today.

Additional Concepts/Prompts for Older Students (middle & high school)

Addiction is a serious issue in society and it is often misunderstood. Many people are blamed for their addiction, which can be like blaming someone for cancer, a heart issue, or other disease.

Think about addiction and reflect on how it may have affected your family, friends, or community.

How do you think should people respond when they are faced with the outcomes of addiction?

How did Scott (Daniel's father) respond to their tragedy?

What actions can you take to support your family and community?

Activity 3

Focus on a Passion Project

Facilitator connects the park experience to the concept of "passion projects".

Script

When people are highly motivated or passionate about something, some choose to focus on a project to help others understand. Daniel's Peace Memorial Park is a great example. Another example is a local food drive to help hungry families have the food they need to be healthy.

What other passion projects have you heard of?

What cause or issue are you passionate about?

If you had the resources to create an experience to realize your passion, what would your passion project be?

Students write 2-3 issues or ideas they are passionate about in their journals or a note card.

Students brainstorm ideas for creating an experience for others that will shed light on their passion project.

