

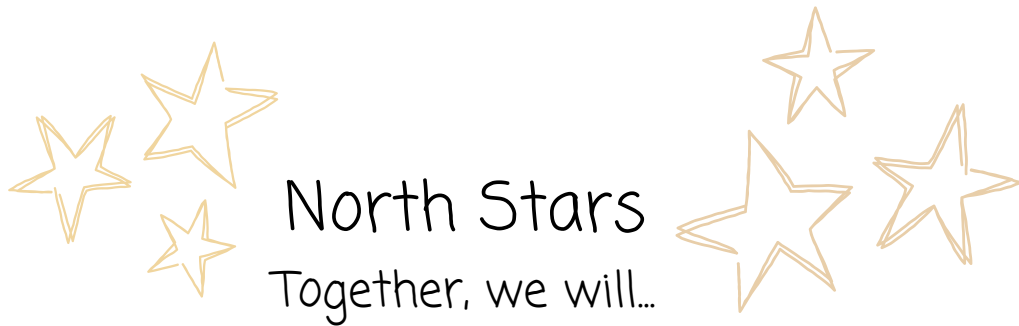
PLACE JOURNAL



This journal belongs to

How to use this journal

The prompts in this journal are designed to leave space for your own unique and creative thinking. There is no right or wrong way to respond on any page.




- bring together our observations, reflections, and artistic expressions from places in our community we care about to share our expertise in the classroom.
- observe change in one place over time and ask questions about the past, present, and future of these chosen places.
- reflect on our emotions and brainstorm ways to take care of ourselves as we work towards change.
- make connections across local environments to expand and deepen our concepts of community, sense of place, and what we can do about climate change together.



Choosing a Place

All the prompts in this journal are designed to focus on one place that you feel connected to that can be accessed easily and that you can regularly spend time with. Your chosen place can be anywhere outside - from the base of a tree to a small garden or a local park. Take time choosing a place because you will visit this place throughout the school year.

 If one place doesn't come to mind, here are some questions to help spark your thinking:

- Think about your day-to-day pathways. Where is a place you travel through or past that you could spend more time with?
- Go for a walk. Are there any places that interest you?
- What places close-by bring you joy or spark memories?
- Are there any places nearby that you associate with traditions?
- Ask members in your community for suggestions or about their favorite nearby places.

Grounding In

5

things you can

see 

4

things you can

feel 

3

things you can

hear 

2

things you can

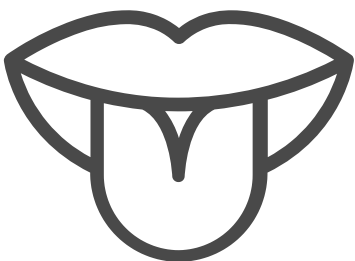
smell 

1

thing you can

taste 

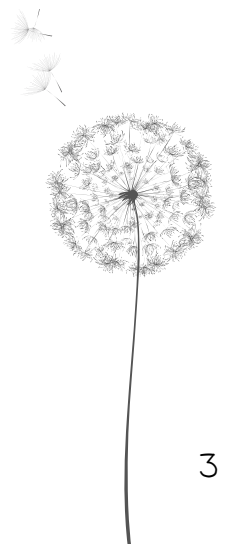
Use this page to record observations
using your 5 senses.



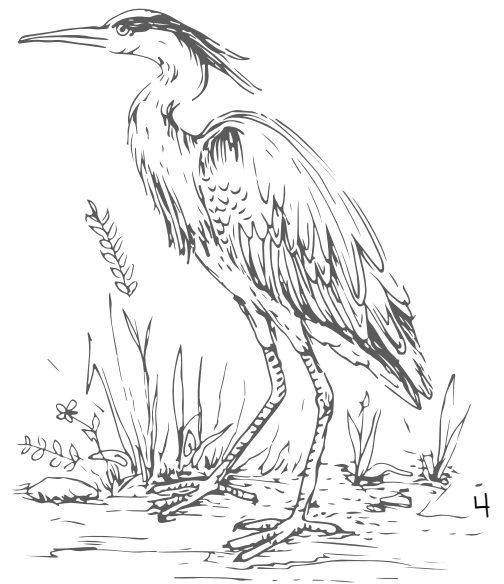
How are you feeling today?

Date:

Today I'm feeling... because...



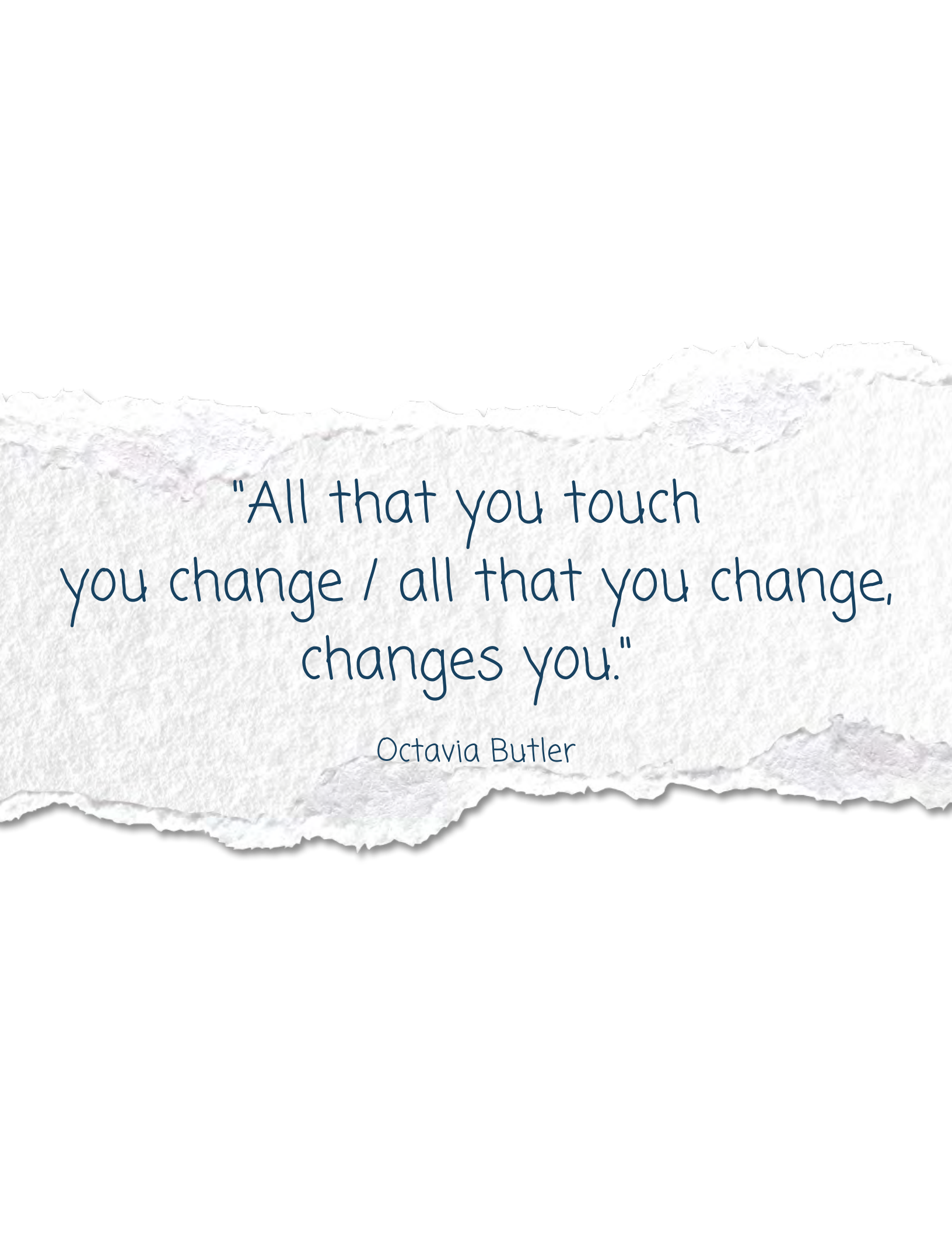
How does it feel to be in this place?



When was the last time you felt light and carefree?



How can you recreate those conditions, even in small ways?

A piece of white paper with a torn, deckled edge is centered on a white background. The paper has a slightly textured appearance. A quote is written on the paper in a dark blue, cursive-style font. The quote is: "All that you touch you change / all that you change, changes you."

"All that you touch
you change / all that you change,
changes you."

Octavia Butler

Pick an emotion or combination of emotions you've been feeling lately. Draw what they feel like.

Emotion(s):

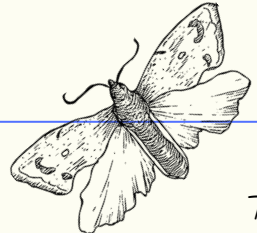


Gratitudes



Date:

I'm grateful for...



Use the space below to record what you are noticing and wondering about over time.

I notice...

I wonder...



Place Drawing

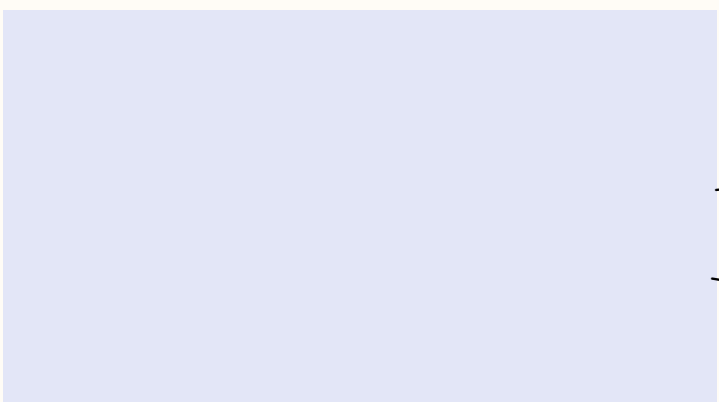
Find a spot and draw what you see. Consider including yourself in the drawing.



Place Map

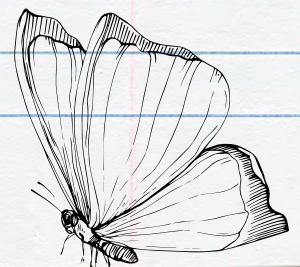


Map Key.



Write about a memory you have here.
Tell a story.

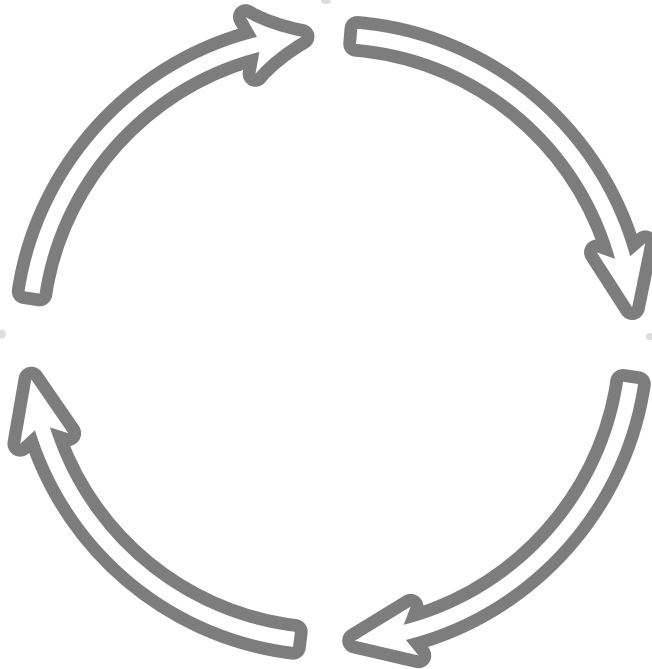
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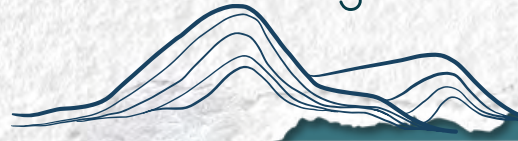
How have you seen this place change?
How does that make you feel?

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Choose one spot to sit.
Draw what you see from this same spot each season.

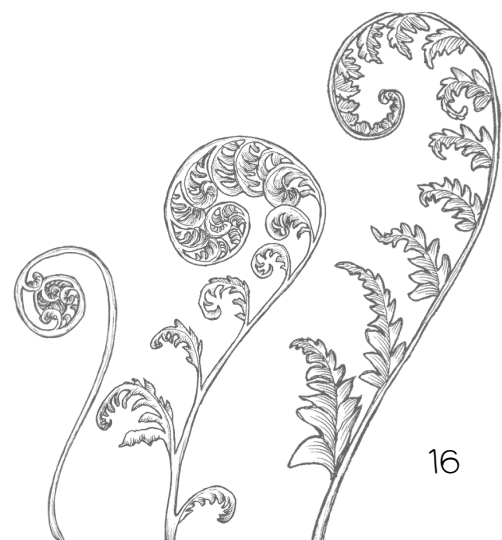


How does climate change make you feel?



/ /

Express your emotions however you choose to in this space.





History of Place

/ /

Research and record: What events in history happened here?

Visit: <https://native-land.ca/> What native land are you on?

Visit the website of the tribe above.

List what you learned and questions that you have below.

/ /

"The names we use for rocks and other beings depends on our perspective, whether we are speaking from the inside or the outside of the circle."

Robin Wall Kimmerer

What is a community?

Write or draw what you think of when you think of community.

3 words I think of
when I think of
community:

What does it mean to be a good
community member?

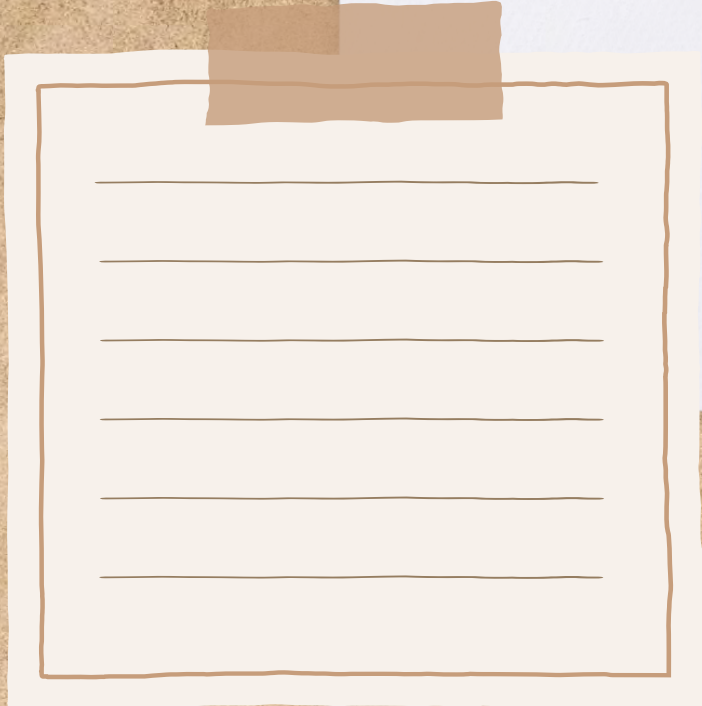


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Species Account

Choose one plant, animal, or fungi that lives here to study.
Use the space below to record what you learn from this being through
observation.





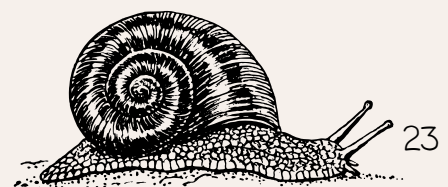
Perspective Storytelling

Use your species account or another plant, animal, or fungi you can observe to write a story from their perspective.



Here are some questions to spark your thinking:

- How is this organism's perspective different from your own?
- Is it big or small? High up in the air or low to the ground? Stationary or mobile?
- What does this organism need to survive? How do they get what they need? Are they a predator, prey, or both?
- If this organism could speak in a spoken language you could understand, what do you think they would say?
- Imagine what life would be like to be this organism for a day.



Perspective Story

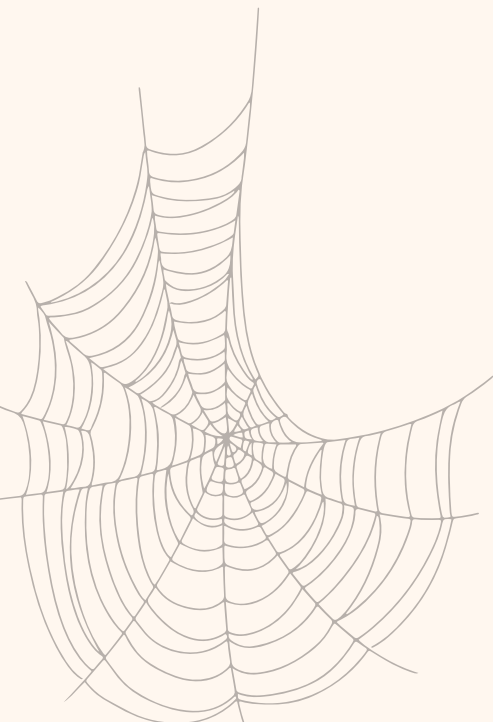
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Who do you share this place with?
Make a list below including the more than human world.



Community Web

Using the list you created, make a mind-map or web that shows how these members of the community are interconnected.





"I am no longer accepting the things I
cannot change. I am changing the things I
cannot accept."

Angela Davis

How can you care for this place?

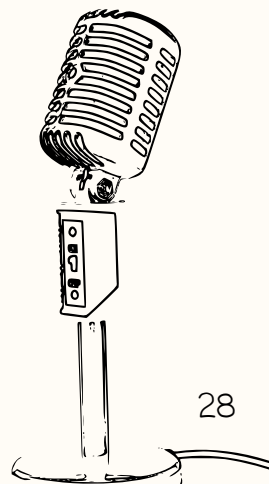


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Interview a Community Member

Step 1: Make a list of questions you would like to ask.

Step 2: Record your interviewer's responses to share.



Use the tool below to help you brainstorm where and how you can make change.



Write or draw as many things as you can
in this space that bring you JOY!

My Self-Care Plan:



- practice mindfulness and gratitude
- limit use of social media
- get enough sleep
- imagine good outcomes
- create better stories
- celebrate success!
- make time for beauty and joy

In-Class Activity:
Circles of Support



Dream Drawing

Imagine thriving in a
climate-changed world.
What would it look like?

Dream Drawing

Draw what you hope this place will look like in the future.

What is hope?
What makes you feel hopeful?

/ /

What do you want others to know about this place?
Who would you want to know this? Why?

POSTCARD

The postcard template features a dashed border in shades of brown and grey. The word "POSTCARD" is centered at the top. A vertical line is positioned on the left side of the message area. In the top right corner, there is a grey rectangular area with a scalloped border, representing a stamp. Below the vertical line, there are six horizontal lines for writing the message.