



Getting in Touch with Nature

Using Nature to Support SEL and
Mindfulness



FEDERAL WAY
PUBLIC SCHOOLS

Welcoming Routine

Do a nature meditation
together outside



two



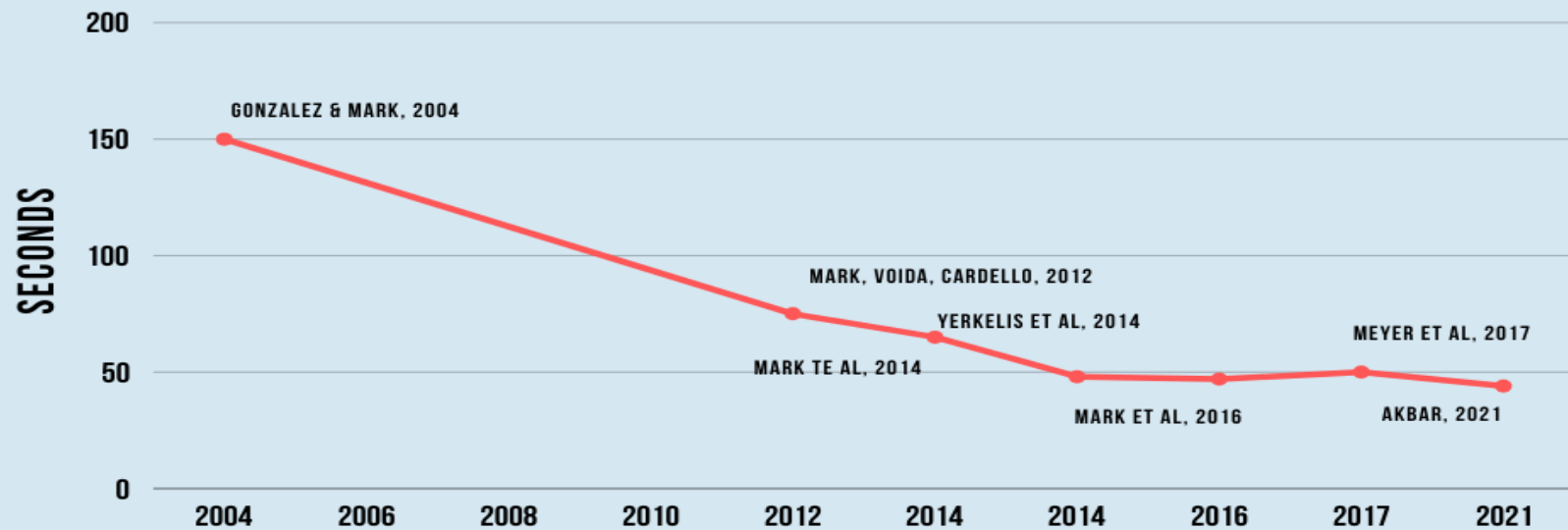
GOAL 2: WHOLE CHILD
Thriving, Confident, Responsible Individuals



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Impact of Technology & Screens

OUR ATTENTION SPANS ARE SHRINKING



Average attention duration on a computer screen, 2004-2021

Gloria Mark, PhD

<https://www.facebook.com/100087104644538/posts/our-attention-spans-are-shrinking-this-chart-shows-how-they-have-shrunk-over-the/101483746098447/>

two



GOAL 2: WHOLE CHILD

Thriving, Confident, Responsible Individuals



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Social Emotional Learning in FWPS

In FWPS, social emotional learning is a process through which all people (scholars and adults) cultivate and use the necessary skills for life success, including:

- Fostering healthy identities,
- Coping with emotions and achieving personal and collective goals,
- Feeling and showing empathy for others,
- Establishing and maintaining supporting relationships, and
- Making responsible and caring decisions.

Emotional intelligence and social skills are acquired through an authentic and adaptive process of collaborative partnership between scholars, families, educators, and community members, and affirming of all racial, ethnic, linguistic and cultural backgrounds.

two



GOAL 2: WHOLE CHILD
Thriving, Confident, Responsible Individuals



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Research- Some impacts of gardens and outdoor education on scholars

Children:

- feel 'calm,' 'safe,' and 'relaxed' in the school garden"
- are more likely to accept differences
- have increased self-understanding, interpersonal skills and cooperative skills
- take pleasure in learning
- improve academic achievement
- Have increased awareness for supporting their career development



Outdoor Summer Learning in FWPS



Drawing a dream garden of reciprocity



Reciprocity- Giving Water and Receiving Food

Meeting Our Community Members/ Relatives

Developing relationships with our plant and animal relatives

Reciprocity- a relationship where we recognize the gifts we receive from our plant, animal and human communities and we learn meaningful ways to give back.



DOUGLAS FIR

Adapt

I have been here for millions of years by adapting to extreme changes in the land, climate, and species around me. My thick bark protects me from fires and my needles withstand cold temperatures and drought.

See how I make pitch to heal my wounds and to ward off insects and disease?
What helps you to adapt when you are distressed?

Eat my spring branch tips as an energizing food or infuse them in water to make a refreshing beverage.
Make tea from my mature needles to boost immunity and fight infections. Use my pitch on cuts, bites, and topical infections to speed healing.

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Northern & Southern Lushootseed Senconten



Art of Noticing



The Art of Noticing

Tend, Gather and Grow Curriculum




















Scientific Botanical Illustration

Follow the ABCs!

| | |
|----------|-------------|
| A | Accurate |
| B | Big |
| C | Colorful |
| D | Detailed |
| E | Explanation |



Alternative:
Plant Leaf Rubbings

| Veins | Shapes | Arrangement | Edges | Arrangement on the Stem |
|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
|  netlike |  hand shaped |  simple |  smooth |  alternate |
|  netlike |  heart shaped |  compound |  toothed |  opposite |
|  parallel |  spear shaped |  compound |  lobed |  whorled |
| |  round | | | |
| |  needle | | | |

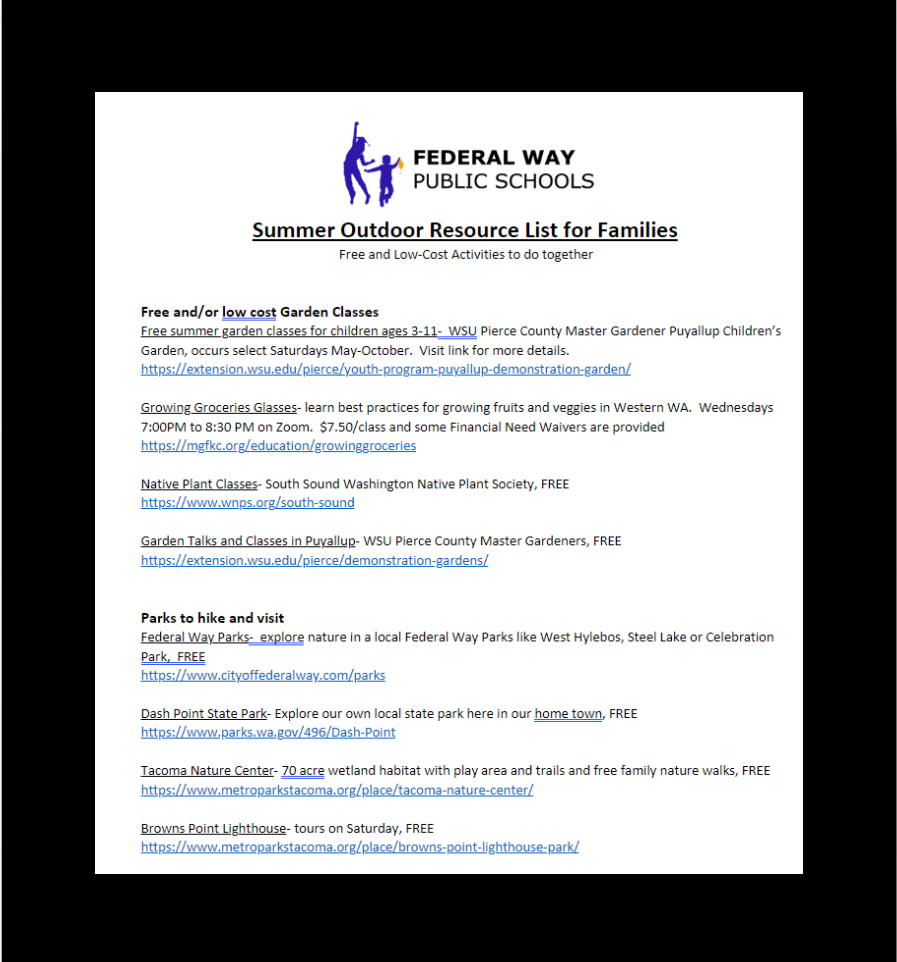
© Encyclopædia Britannica, Inc.

Application & Additional Outdoor Activities

You can engage in the Art of Noticing outdoors at home throughout the year

Doing a scientific drawing is one way to get to know our Native plant relatives

Tap into how you and your children feel before and after time outdoors



The screenshot shows a document titled "Summer Outdoor Resource List for Families" from Federal Way Public Schools. The document lists several outdoor activities and classes, including garden classes, growing groceries classes, native plant classes, garden talks, parks to hike and visit, and nature centers. Each activity includes a brief description and a link for more details.

FEDERAL WAY PUBLIC SCHOOLS
Summer Outdoor Resource List for Families
Free and Low-Cost Activities to do together

Free and/or low cost Garden Classes
Free summer garden classes for children ages 3-11- WSU Pierce County Master Gardener Puyallup Children's Garden, occurs select Saturdays May-October. Visit link for more details.
<https://extension.wsu.edu/pierce/youth-program-puyallup-demonstration-garden/>

Growing Groceries Classes- learn best practices for growing fruits and veggies in Western WA. Wednesdays 7:00PM to 8:30 PM on Zoom. \$7.50/class and some Financial Need Waivers are provided
<https://mgfkc.org/education/growinggroceries>

Native Plant Classes- South Sound Washington Native Plant Society, FREE
<https://www.wnps.org/south-sound>

Garden Talks and Classes in Puyallup- WSU Pierce County Master Gardeners, FREE
<https://extension.wsu.edu/pierce/demonstration-gardens/>

Parks to hike and visit
Federal Way Parks- explore nature in a local Federal Way Parks like West Hylebos, Steel Lake or Celebration Park, FREE
<https://www.cityoffederalway.com/parks>

Dash Point State Park- Explore our own local state park here in our home town, FREE
<https://www.parks.wa.gov/496/Dash-Point>

Tacoma Nature Center- 70 acre wetland habitat with play area and trails and free family nature walks, FREE
<https://www.metroparkstacoma.org/place/tacoma-nature-center/>

Browns Point Lighthouse- tours on Saturday, FREE
<https://www.metroparkstacoma.org/place/browns-point-lighthouse-park/>

Debrief

What did you enjoy most about doing this activity together as a family?

What other activities would you like to do together outside?



Summer School Information

- If you are interested in FWPS Summer Learning for your child:
 - Make sure you have a working email/Parent Square portal with FWPS.
 - Look out for an email about open enrollment in early April.
 - Open enrollment for summer school runs April 9-26.



QR Code to sign up
for Parent Square



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WHAT'S NEXT?

Resource Fair (6:55-7:30 p.m.)

Speak with representatives from participating organizations about summer resources, childcare, and more:

- Boys and Girls Club of Federal Way
- El Centro de la Raza
- Green River College
- Phenomenal She
- Game of Life
- Boys and Girls Club Youth Task Force
- Trillium Employment Services
- After School All-Stars
- Youth Leadership, Intervention & Change (LINC) - Center for Children and Youth Justice
- and more!

To browse organizations online, visit: www.fwps.org/SummerConnections

Registration Now Open!

Attend the next session of Family Academy:



Supporting Successful Transitions

Get empowered with resources to support your child through various milestone transitions

Thursday, March 21, 6-7:30 p.m.

Valhalla Elementary or Zoom

Register at: www.fwps.org/SuccessfulTransitions

Feedback Survey

Please help us improve by sharing your feedback about today's event through a 3-minute survey.



Scan QR code,
or visit: www.fwps.org/FamilyAcademySurvey

Encuesta posterior al evento: !Ayúdenos a mejorar!

Sau buổi sự kiện: Hãy giúp chúng tôi cải thiện!

*Опрос мнения по окончании мероприятия:
Помогите нам учесть недочёты!*

*پست-نظرسنجی : رویداد به ما کمک می کند
بهبود یابیم!*