



Finding Ecohappiness at Camp

Fun, Simple Nature Activities to
Reduce Stress and Anxiety

www.ecohappinessproject.com

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About Me

- Author/Journalist
- Environmental and positive psychology expert
- Nature lover
- Wellness junkie
- Mom of school-age children



What We'll Cover

1

Benefits of nature

2

Why nature is so healing

3

How to add more nature into
current programming

4

Unique nature activity ideas

5

Resources



Mental Health Benefits

Reduces stress
and anxiety

Increases
happiness



How Nature Heals



Colors



Patterns



Textures



How Nature Heals



Sounds



Scents



Fresh Air



How Nature Heals



Plants



Water



Animals



How To Add Nature Into Current Programming



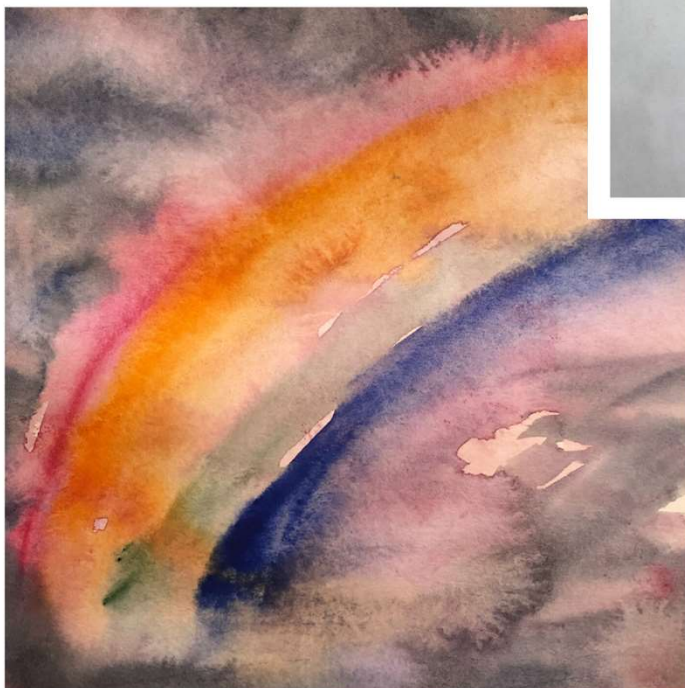
Where to Add in Nature

- Creative Arts Offerings
- Field Trips/Outings
- Volunteer Projects
- Onsite Enhancements

Creative Arts

- Nature art
- Nature drawing & painting
- Nature-themed music
- Nature-themed dance
- Nature photography
- Nature journaling
- Nature mandalas

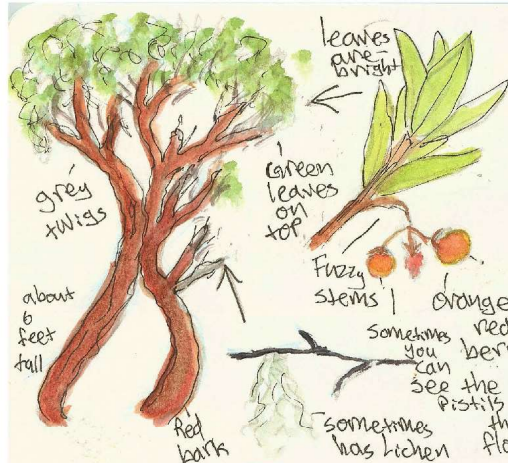




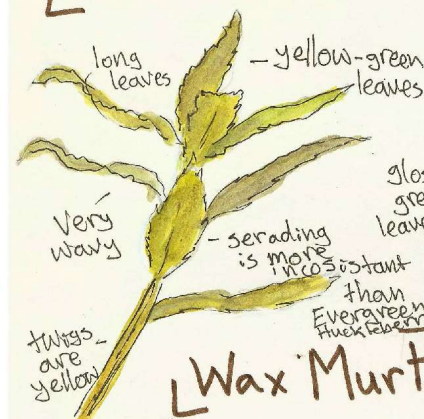




Mini Field Guide TO PACIFIC Shrubs.



Manzanita



Wax Murtle

grows on a large, many-branched tree that is somewhere between 8 and 10 feet tall



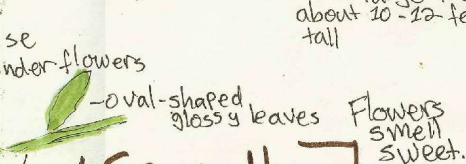
Evergreen Huckleberry

Plant is about one foot tall but gets up to 5 feet tall. Berries are edible. Has small white bell-shaped flowers.



Gold Leafed Chingua Pin

on a large tree about 10-20 feet tall



Ceonothus

on a sprawling, 5-foot wide bush. Bark on bush is grey.



Note: All these shrubs have waxy, thick leaves so they can hold in moisture to survive drought. Also, the Manzanita has a large root base that can re-create the plant if fire destroys the top part. These are very hearty, adaptable plants that guard well against most plant destroyers.



How does it stay safe?

Is it too small for any predator to want?

But it must have a predator right?

Why?

Such vibrant colors!

How? Do they get their colors from similar things?

reminds me of a varred bunting!

Purple Grenadier

Such a dark blue!

WAIT!

Has the same coloration as the lizard! (Below)

Do they both blend in with the same tactic?

to fool prey into thinking it's a lizard?

How did it evolve to have these colors in these places?

Lizard

Survival strategy to hide?

How does it have any camouflage at all?

Such bright colors!

How does it survive?

Survival strategy to have bright colors to say "I'm poisonous!"

Helmeted Guinea fowl

are they some of the only birds that still look like dinosaurs?

have they not changed much since that time?

so dinosaur like!

tail swishes!

like the cheetah!

What is she doing?

swatting flies?

Superb Vs Hildebrandt's

Does it ever hybridize with Superb?

like an AGN!

yellow eye!

Why?

What do they have in common that requires that eye color?

green neck band!

Why?

More scarce than the superb!

Duller over all!

Did early ornithologists think this was a juvenile superb?

If so, when was this recognized as a separate species?

Does the superb take its nesting sites?

What do their nests look like?

Is it because they're iridescent?

What makes them so bright?

How does it keep them pretty?

Does it molt a lot?

such vibrant colors!





What is a nature mandala?

- Circular designs
- Meaning
- History
- How used





How to create a nature mandala

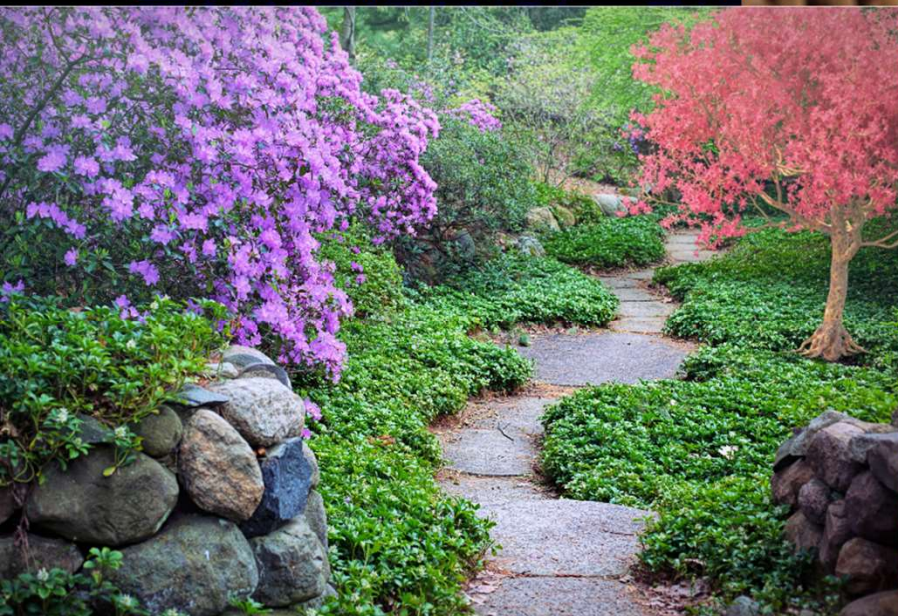
1. Venture outdoors
2. Gather natural items
3. Find an open area
4. Identify the center
5. Create the first layer
6. Create more layers
7. Capture it



Field Trips

- Parks
- Nature centers
- Zoos
- Arboretums
- Botanical gardens
- Butterfly gardens
- Aviaries (birds)
- Aquariums
- U-pick farms
- Nature spots





Volunteer Projects

- Cleanups
- Community Gardens
- Plantings
- Local Farms
- Park and trail maintenance

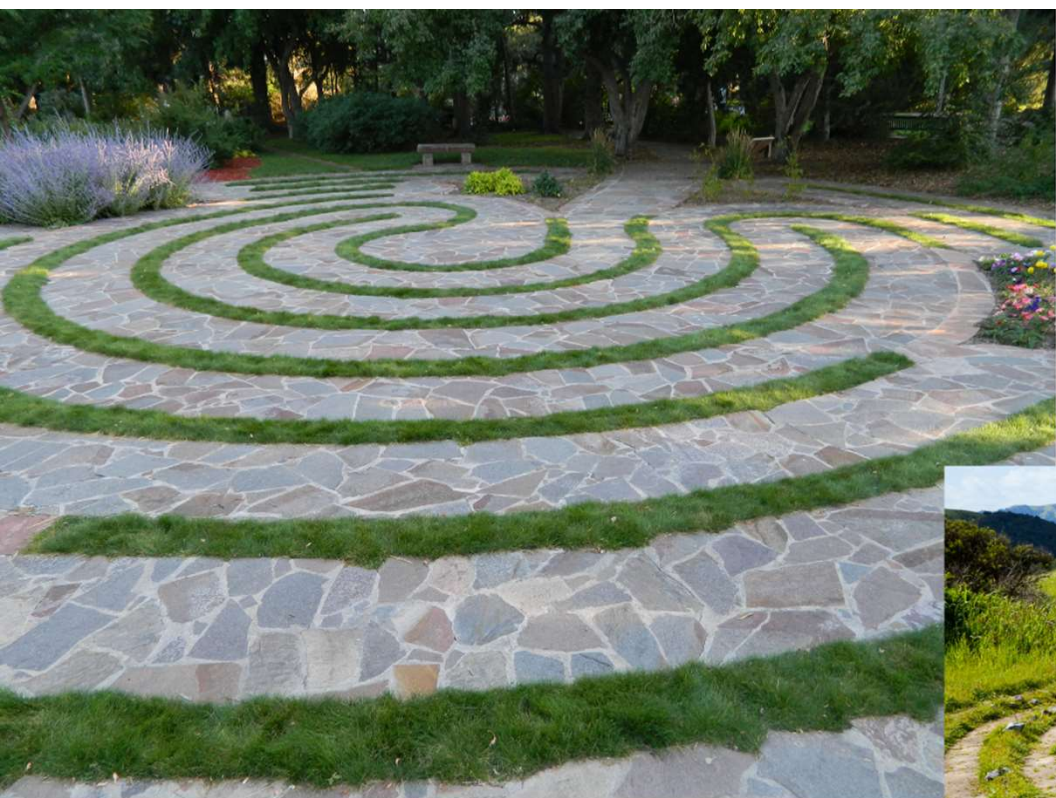




Onsite Enhancements

- Garden/Cooking Class
- Plantings
- Animals
- Labyrinth

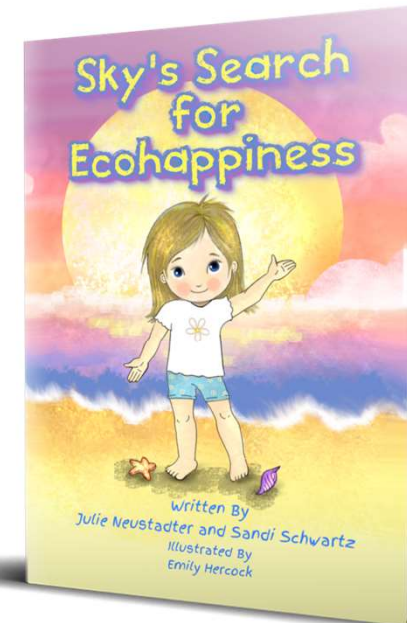
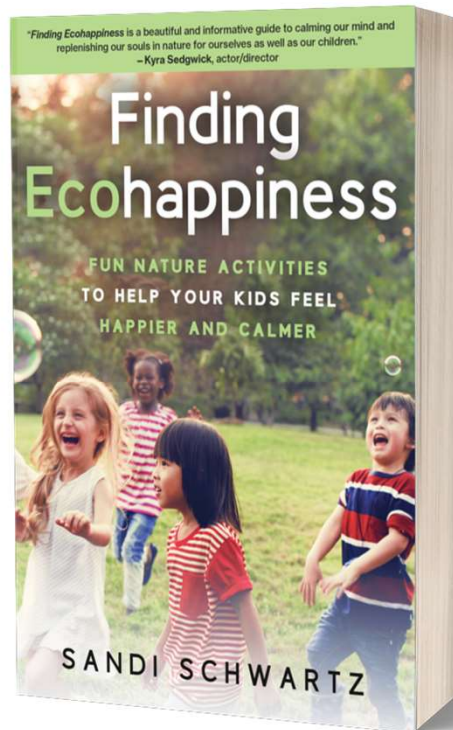






Learn More

- My website: ecohappinessproject.com
- Special conference resource page: ecohappinessproject.com/camp
- *Finding Ecohappiness* parenting book
- *Sky's Search for Ecohappiness* children's picture book





EMAIL

sandi@ecohappinessproject.com



WEBSITE

ecohappinessproject.com