

Sly Park

Class Journal



Name / Nature Name:

Classroom Teacher:

Sly Park Group & Teacher:

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Welcome to your Sly Park Class Journal!

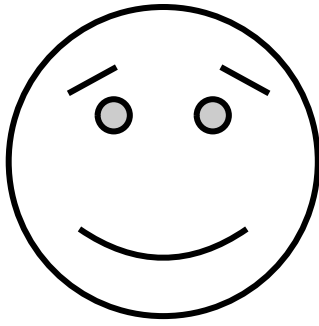
Sly Park is a place to explore, learn, have fun, step out of your comfort zone and grow in so many different ways.

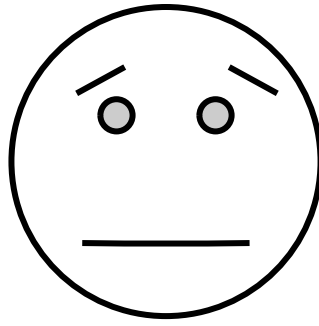
This journal is your space to reflect on all things Sly Park before you come up and during your time on campus, in the cabins and on the trails.

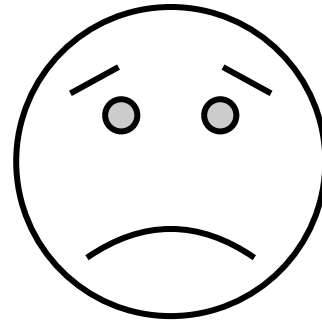
Human beings are naturally great scientists and all great scientists use journals to help themselves think, remember and solve problems. Use this journal as a tool to help you think about different things. Draw in it, write in it, color in it. Whatever you do, make it your own and don't worry about being right or wrong.

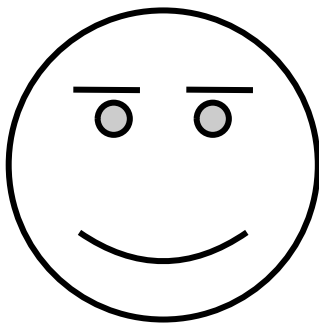


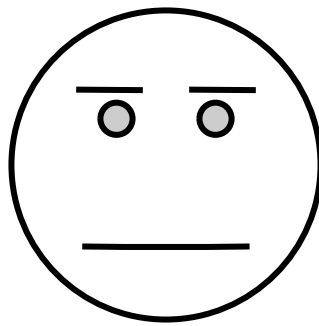
How Am I Feeling?

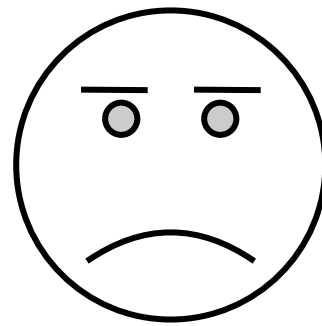


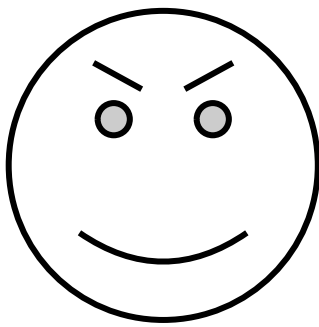


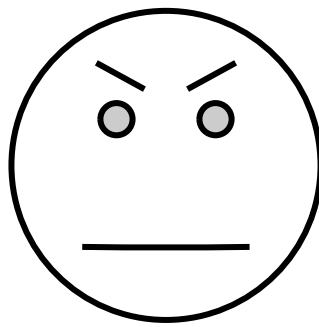


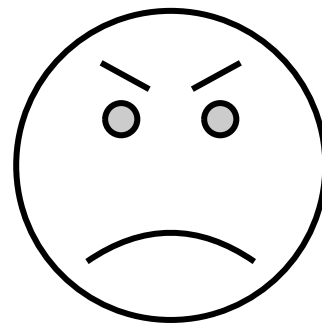












As a class brainstorm potential names for the emotions above. Label each emotion with the word you think fits it best. It's ok to label something differently than others.

★ Use these icons to fill out your journal pages in the future (top right corner of each page)

Date & Season:		How Am I Feeling?
Time & Location:		
Weather:		

Sly Park Intention

When we do something with intention we do it with a goal or a purpose in mind. When you come up to Sly Park...

- What do you want to get from your Sly Park experience?
- What actions will help you successfully carry out your intention?

Date & Season:		How Am I Feeling?
Time & Location:		
Weather:		

Overcoming Challenges

Sly Park is all about overcoming challenges, big and small. Some challenges are personal (your own), while others are interpersonal (between people). Think of challenges like obstacles that help us grow when we overcome them.

Write your future self a note about **what will help you overcome challenges** while you're at Sly Park. If you're stuck think about a time someone else helped YOU get through a tough challenge in life.

Date & Season:		How Am I Feeling?
Time & Location:		
Weather:		

Nocturnal Navigator

Get familiar with the feelings and phenomenon of the night!
With an adult, take a walk somewhere safe outside at night
or observe the world outside your window.

Record your observation below

- What do you notice about the world around you?
- What do you notice about yourself?
- What do you wonder?



Date & Season:		How Am I Feeling?
Time & Location:		
Weather:		

Power of Place



- Label your location on the map with a special symbol
- Label Sly Park with a 🌲
- Draw a picture of what makes your place on the map special

Date & Season:		How Am I Feeling?
Time & Location:		
Weather:		

The Land We Share

Use the map on the previous page to zoom in and draw a large outline of your home county...

With your teacher's help, shade with colors and label the different Native American tribes whose territories overlap your county.

Describe how people's relationships to the land have changed (or not) over time? Can you think of *why* (or why not) they may have changed?

Today's Weather:		How Am I Feeling?
Today's Activities:		

Class Meeting #1

- Read the note you wrote yourself on page 3
- What will help you overcome challenges this week?
- How can you support other people who are overcoming their own challenges?

★ Challenge: Learn the names of everyone in your cabin!



I FEEL THE LIGHT
OF THE STARS ABOVE

I FEEL THE SUPPORT
OF THE EARTH BENEATH

Today's Weather:		How Am I Feeling?
Today's Activities:		

Class Meeting #2

- Who at Sly Park have you connected with?
- Why did you connect with this person?
- How does making connections with others help us?

★ Challenge: Talk to ____ new people each day!

I am a
scientist!

Draw yourself as a scientist! What are you curious about?

Today's Weather:		How Am I Feeling?
Today's Activities:		

Class Meeting #3

- What lessons from this week will you take back home with you?
- What skills this week will help you grow as a person?

★ Challenge: Give someone a compliment about a personality trait you respect.



**I CAN MAKE IT
TO THE end!**

Today's Weather:		How Am I Feeling?
Today's Activities:		

Class Meeting #4

- What changed about you this week?
- What are you most excited to share with your family?

★ Challenge: Share gratitude with someone who supported you this week.

we

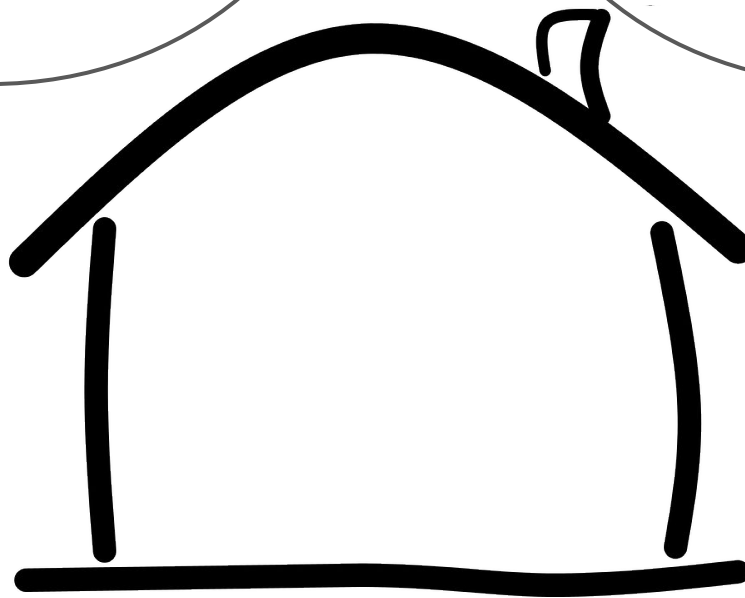
are

connected

Cabin Life

My cabin mates are...

Someone who
makes me laugh...



My cabin's chant goes
like this...

Someone who
helped me...

★ Challenge: Draw your cabin's name in the center

Sly Park Bingo

 <p>Feel the texture of snake skin</p>	<p>Created a Stewardship Plan</p> 	<p>5 Miles</p> 	<p>A Tree eating a Tree</p> 	<p>DA' MOOSE</p>  <p>Learn & Sing</p>
<p>Observed Pattern in a SUGAR PINECONE</p> 	<p>Made a NEW Friend!</p> 	<p>Hunted for</p>  <p>6 sided crystals @ lake</p>	<p>Raced in the</p>  <p>RELAY</p>	<p>Found the</p> <p>HIDING</p> <p>In</p> <p>GEOCACHE</p> 
 <p>Deer on Sly Park Campus</p> 	<p>Discovered the tree that creates</p>  <p>pieces</p>	<p>Free Space</p>	<p>YES!</p> <p>Smelled Cookies from the Kitchen</p> 	<p>Collected a Macro Invertebrate</p> 
 <p>Been introduced to Big Bubba</p> 	<p>HEAR A RAVEN</p> 	<p>Descended 800 ft in elevation</p> 	<p>Attempted to</p> <p>ROCK CLIMB</p> <p>___ Mt. Whitney ___ Kilimanjaro ___ Everest</p> 	<p>DIY SHELTER</p>
 <p>@</p> 	<p>I Wish...</p> 	<p>UNLESS</p>	<p>PARK CREEK FACE PAINT</p> 	<p>Describe Douglas Fir Needle Taste.</p>  <p>VITAMIN C</p>

Free Space
