



# Sly Park

# Class Journal

Name/Nature Name	
Hiking Group # & Teacher	
Cabin Name	
Classroom Teacher Name	

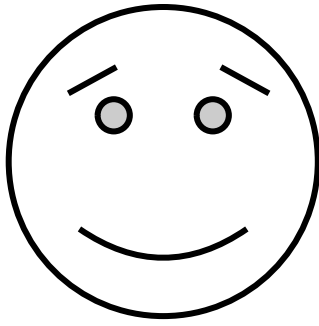
# Welcome to your Sly Park Class Journal!

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

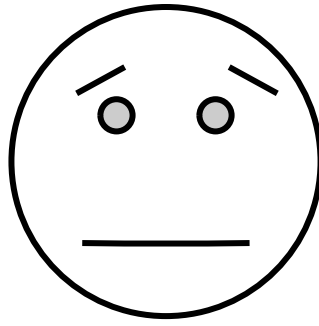
This journal is your space to reflect on all things Sly Park before you come up and during your time on campus, in the cabins and on the trails.

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.

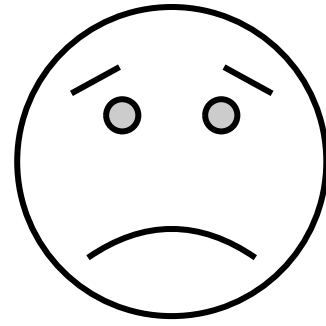
# How Am I Feeling?



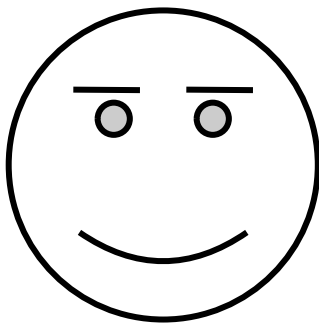
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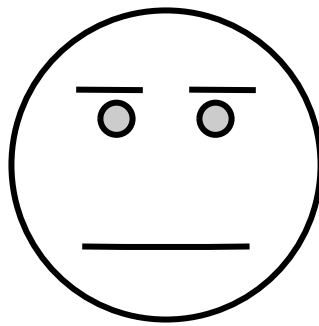
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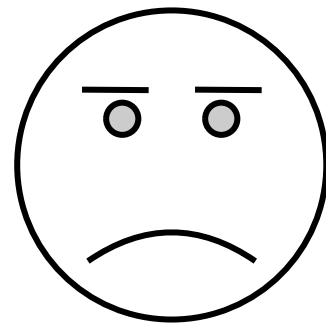
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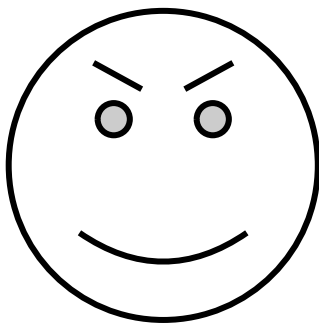
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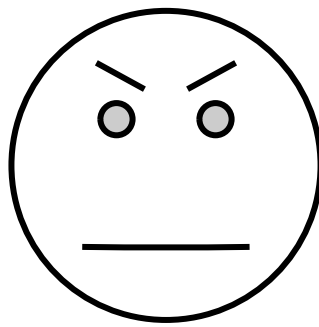
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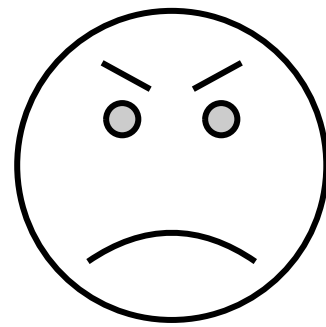
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As a class brainstorm potential names for the emotions above. Label each emotion with the word you think fits it best. It's ok to label something differently than others.

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

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

# Class Meeting #1

When we do something with intention, we do it with a goal or a purpose in mind.

- What do you want to get from your Sly Park experience?
- What actions will help you successfully carry out your intention?
- 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!
- ★ Color the next page. Say the affirmations while coloring.



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!
- ★ Color the next page. Say the affirmation while coloring.

I am a  
scientist!

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

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

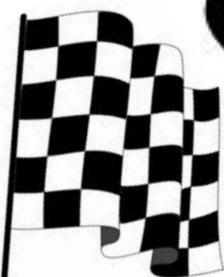
# Class Meeting #3

- 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.
- ★ Color the next page. Say the affirmation while coloring.



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



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

# Class Meeting #4

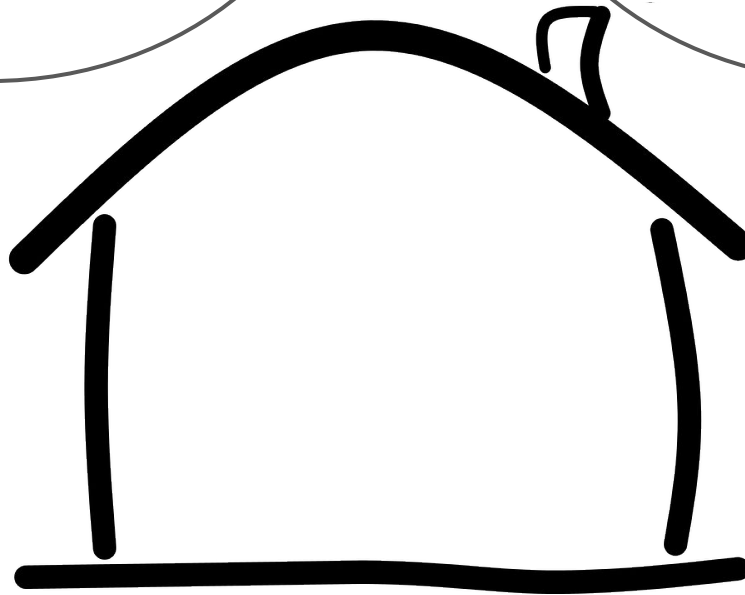
- What changed about you this week?
- What are you most excited to share with your family?

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

# 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>DA' MOOSE</p> <p>Learn &amp; 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><b>HIDING</b></p> <p>In</p> <p><b>GEOCACHE</b></p> 
 <p>Deer on Sly Park Campus</p> 	<p>Discovered the tree that creates</p>  <p>pieces</p>	<p><b>Free Space</b></p>	<p><b>YES!</b></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><b>ROCK CLIMB</b></p> <p>__ Mt. Whitney __ Kilimanjaro __ Everest</p> 	<p><b>DIY SHELTER</b></p>
 <p>@</p> 	<p><b>I Wish...</b></p> 	<p><b>UNLESS</b></p>	<p><b>PARK CREEK FACE PAINT</b></p> 	<p>Describe Douglas Fir Needle Taste.</p>  <p><b>VITAMIN C</b></p>

Mark each square after you have completed/experienced/seen what is listed. Go for a BLACKOUT this week!