

# HEAL & GROW

A CREATIVE FIELD GUIDE FOR  
CONNECTING TO THE OUTDOOR WORLD



USE THIS SPACE TO  
ILLUSTRATE  
YOUR COVER



NAME: \_\_\_\_\_

Heal & Grow: A Field Guide for Creativity and Exploration in Nature is a project initiated and published by Transformative Living Community, International (TLC, Int'l) through the generous support of the Portland Parks Foundation.

This guide was created and developed in collaboration with Erica A. Briggs at TLC Int'l and J'reyesha Brannon.

Erica Briggs is a facilitator of learning, DEIB consultant, community caretaker, nonprofit business owner, and creative artist. In each capacity she is a storyteller, sharing connections related to developing a more transparent and fluid identity, embracing culture and aligning with nature to better heal, grow and sustain mental health and well being. A native Oregonian, Briggs has lived and worked across the country and overseas. As a single mother, she earned a BA in Communications at Mills College in Oakland, California and a masters in Africana Studies at Cornell University in Ithaca, NY where she studied the social construction of race in America. For over 25 years, she has served various roles and asset-based community nonprofits, and both traditional and alternative learning environments from elementary through college. When she is at play you will likely find her wandering in her garden, making a mess in her art studio, or hiking with her children to the nearest body of water.

J'reyesha Brannon was born and raised in Oregon. She works as a civil and environmental engineer in public sector with design, project management, and construction management experience. Outside of work, she is a lifelong volunteer, holding leadership roles in a variety of community organizations. She also enjoys managing her small vintage resale business, pursuing creative outlets, and spending time in nature. With a passion for environmental justice, civic engagement, and diversifying STEM (science, technology, engineering, mathematics) fields, her skill in designing curriculum for nature appreciation as a tool for healing and growth is clearly expressed in this guide.



**Transformative  
Living Community**

**[www.healgrow.org](http://www.healgrow.org)**

Copyright 2024, Transformative Living Community, International



# LAND ACKNOWLEDGEMENT

A land acknowledgment is a simple way of showing respect and recognition for Indigenous Peoples as a traditional stewards of this land and the enduring relationship that exists between their traditional territories.

Take a moment to acknowledge the land on which we gather is Indigenous land. Indigenous people have stewarded this land since time immemorial.

Use this link to learn more about whose land you stand:

<https://native-land.ca/>

Challenge yourself to do more than just acknowledge this land, but also find ways to support communities, share knowledge, and advocate for justice. Colonization is a current and ongoing impact. It is important to acknowledge our part in this.

# NOTE TO PARENTS

This field guide is designed to inspire your child to embark on exciting adventures in the great outdoors, nurturing a deep connection with nature while fostering creativity and mindfulness.

Each section of this guidebook is carefully crafted to engage your child's senses, curiosity, and imagination:

- Place Based Learning: This field guide was created to highlight Portland/Metro area nature parks, so there are some references and facts about specific places. However, this guide can be used in any natural area!
- Mindfulness: Throughout the field guide you will find simple mindfulness exercises and activities. You will learn to slow down, observe, and fully immerse yourselves in the present moment. This field guide also includes journal prompts and opportunities to reflect. By practicing mindfulness in nature, you'll discover a newfound sense of peace and connection with the world around you.
- Creativity and Art: Unleash your child's creativity with a variety of nature-inspired art projects and activities throughout this field guide. From leaf rubbings to outdoor sketching sessions, there's no limit to the artistic possibilities waiting to be discovered in the outdoors. These creative endeavors will not only ignite your child's imagination, but also deepen their understanding of the natural world. Also, we know that not everyone can get outside all the time, so there are also activities to do at home, titled "At Home in Nature."
- Nature Education: Dive into the fascinating world of ecology, biology, and environmental science as your child explores the wonders of nature together. With each outdoor excursion, you'll gain a deeper appreciation for the interconnectedness of all living things.
- Exploration: This field guide includes treasure hunts (or geocaching) called, "Nature's Treats," which will encourage exploration and identification of often ignored gems in nature. There is also space to write field notes and observations.

Whether you're exploring a nearby park, hiking through a forest, or simply spending time in your own backyard, "Heal & Grow" is your trusted companion for meaningful outdoor adventures.

Prepare to embark on an unforgettable journey of discovery and wonder!  
Let's explore, create, and connect with the wild together.



## HAPPY ADVENTURING !

Links with additional directions or videos are provided for some of the more involved activities.



# PARK HIGHLIGHT:

## OXBOW REGIONAL PARK



Draw a river and the types of critters under the water. Rivers curve and bend! Try to illustrate that movement in your drawings.

Think of the blue, grey, and other colors you might see in rivers like the Sandy River through Oxbow Park.

**SAMPLE**

## AT HOME IN NATURE:



Use the space above or grab another sheet of paper. Think of the different ways you use water and illustrate yourself with water. Example - drinking a glass of water, fishing, flushing, etc.



## TAKE SOME SPACE:

Take a few minutes to look around and acknowledge your surroundings. Let's practice grounding - being present and seeing how we feel:

1. List FIVE things you see around you.
2. List FOUR things you can touch around you.
3. List THREE things you can hear.
4. List TWO things you can smell.
5. List ONE thing you can taste.

### \* BONUS:

Try this grounding activity at home inside. Do it again when you're outside. What is different about what you feel?

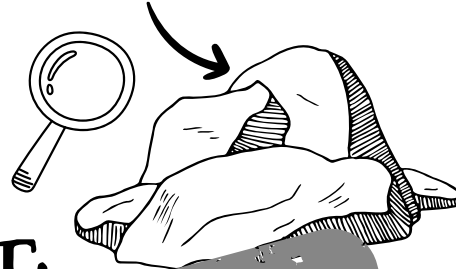


## NATURE'S TREATS - GEOCACHE

You will find striped rocks in nature spaces like Oxbow Regional Park more than most parks.

White bands or stripes on rocks are called veins and are often quartz or calcite. The quartz was caused by water running over and through the rock cracks.

### TREASURE TO FIND: STRIPED ROCK



### DRAW YOUR GEOCACHE:

What other rocks can you find?

Round and smooth? Bumpy with holes? Red, Grey, Black, or White?

**SAMPLE**





# STARRY NIGHT JOURNALING



This is an activity for night time appreciation and a great activity to do while camping overnight.

Begin by taking a few moments to appreciate the beauty of the dark night sky. Make sure you're somewhere safe with a buddy or your parent. Night time outdoors is a chance to see nocturnal animals and wildlife, but also a time to stay aware of your surroundings.

Grab a blanket and find a comfy place to look up. If you feel comfortable, lay down and look up at the stars. Look at the patterns you see in the stars - the constellations.



Reflect on what you see. Imagine how far those stars are and how big the universe is. Write down your thoughts about the stars.

---

---

---

---

Find a cluster of stars and draw out the pattern or shape they form. Connect the dots and write what shape you think your stars form.



## Did you know?



Estella Ehelebe was the first black woman to lead the parks system for Multnomah County. She fought to protect Oxbow and its old growth trees and is the reason the forest is intact today. She dedicated her life to protecting natural areas and breaking barriers.





# POETRY

## NATURE & SELF



Nature makes us feel at peace and inspires our creativity! Poetry is a way to creatively express yourself with words. Here we will learn about two types of poems to write while you're outside.

### ACROSTIC POEMS

An acrostic poem is a poem in which the first letter of each line spells out a word, name, or phrase when read vertically.

Example:



T all  
R eaching  
E vergreen  
E verywhere

Make your own tree acrostic poem:

T \_\_\_\_\_  
R \_\_\_\_\_  
E \_\_\_\_\_  
E \_\_\_\_\_

What other parts of nature inspire you? Practice acrostic poems in the other lined sheets of your field guide.

### HAIKU

Haiku poetry is traditional in Japan and often written about seasons or nature. However, they can be written about anything!

There are 3 lines

Each line follows a pattern of syllables: 5, 7, 5

Example:

Small roots in the ground

1 2 3 4 5

Climbing up towards the sky

1 2 3 4 5 6 7

Fruits, veggies, and more

1 2 3 4 5

Make your own haiku poem:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# WORD SEARCH

## NATURE CONNECTIONS

T N H D S O L D G R O W T H L  
H W E L I C H E N X G A B D U  
Q I C T W Y A N W N W F E S T  
S L H R T O M C U E A K H E I  
C D X E D L A J O R T C G E S  
A L R R U Y E O Q R S L A D O  
N I I O U E D C D O N E A H I  
O F V O F E R N Y E K K L N L  
P E E T M U S H R O O M U O D  
Y F R S A I D M E W X D G M G  
I O O T R G K E T Z Y W F O Y  
R L M R M P I N E C O N I F E R  
Y O R E E C Y M E A D O W S Z  
J H H A S S C O N I F E R G  
G C M D T T O M N Y A A M

old growth

all life

wetland

meadow

stream

herb

conifer

lichen

forest

stream

mushroom

conifer

lichen

forest

care

fern

river

soil

meadow

moss

## ROSE, THORN, BUD

- Rose: Something you enjoyed
- Thorn: Something you didn't like
- Bud: Something you're looking forward to

What are your rose, thorn, and bud of today?



# REFLECTIONS

Environment means anything that surrounds us. It can be living or non-living things. Living things like us constantly interact with our environment and change to the conditions around us. In an environment there are different interactions between animals, plants, soil, water, and other living and non-living things.

- Describe your environment?
- How is it different when you are outdoors away from home?
- What kind of environment does a bird, fish, or plant have?

A large rectangular box with a thick, textured gray border, tilted at an angle. Inside the box, the word "SAMPLE" is written in large, bold, gray capital letters, also tilted to match the box's angle. The background of the box is white with horizontal lines.



Use this space to write your thoughts or observations.

**SAMPLE**



# FORAGED FINDS

Use this space to draw or describe the things you see while in nature. Plants, animals, bugs - anything!



---

---

---

---

A large rectangular area for drawing, featuring a prominent diagonal 'SAMPLE' watermark and a small bug illustration.

---

---

---

---

---



## FIELD TIP :

The **Douglas Fir** is Oregon's state tree and the most common tree found in Oregon.

DOUGLAS FIR  
PINES

