INDIGENOUS CONSERVATION, CULTURE & CLIMATE SOLUTIONS | WORKSHEET

I See... I Am

Go to the land. Choose an outdoor space where you feel safe and comfortable sitting alone for a period of time. Bring along a blanket or a chair. Where are you? What is your relationship to this place? What meaning does it hold for you?

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Once you are comfortable, close your eyes and take a few deep breaths. Feel the land and the surrounding air. The damp soil and the rough tree bark.



Open your eyes and see the features of the land–hills and valleys, ponds or creeks, tall trees, tiny flowers.



Close your eyes again and hear the animals, the wind in the trees, and everything around you.



Open your eyes and see the colors–the shades and hues, light and dark, bold and muted. Watch the light and the shadows.



Close your eyes again and smell the soil, the grass, the drying leaves. Open your mouth and consider what you taste in the air.



Open your eyes and see the shapes of nature–thin plant stems, triangular trees, round pebbles.



Repeat this cycle–turning in a circle, taking two or three deep breaths each time to feel, see, hear, smell and taste –for at least 10 minutes.

List everything you have seen while outdoors. Use adjectives and adverbs from your time paying attention to what you felt, heard, smelled and tasted to give details to what you observed.

Example: I see a small creek with trickling brown water and surrounded by tall, whispering trees. I see a small brown bird delicately balancing on a thin branch of an evergreen tree.

Restate your "I See" statements to instead be "I Am". See each of them in your minds eye as your hand moves to write the words.

Example: I am an oval-shaped pond, surrounded by softly waving golden grass. I am a whining mosquito, awkwardly darting on the warm air.

Take the time to imagine yourself as each of those features of nature. Is there a difference in what you feel or sense when you change the words to I AM? Why do you think you experience that shift–or not?

What can you learn from this place?

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