

Inspiration Hill

Sitting in a circle in the tall grass (use of Seton Sits that students can make provides them with a “place” from which to be inspired without moving around and it also protects clothing from moisture), the teacher guides a talk about how being surrounded by nature, away from man-made things, can help calm us down and bring peace within. In our hustle-bustle world, we don't often take the time to appreciate the small things around us and enjoy the fine details of life. Students take their journals (mounted on a clip board supplied by the teacher at the station) and find a quiet spot on the hill. For 15 minutes they sit on their own in the tall grass (mostly hidden “couldn't even see their heads”) and focus on just the space around them. (Some students drew detailed blades of grass, or flower petals, some wrote short poems or a descriptive paragraph based on what their senses were taking in.) Then meet up again in a circle and share what you all experienced.

