



MOVE · PLAY · GROW

HONEYSUCKLE HUGS[®]

ESTD

2018

An Earth Based Education
— *for all ages* —

Activity Book
by
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*Artwork created by Los Angeles artist
Renée Fox for Honeysuckle Hugs*

Welcome to Honeysuckle Hugs Activity Book!

Waiting on each page is a little something you can do to take care of your body, calm your mind, and be more creative. Nature helps us feel better with all its colors, sights, sounds, and smells. When we are calm, relaxed, and creative we notice them all.

So grab a grown-up friend, a grandparent, or a parent and ask them to join you in each activity.

Just between you and me, grown-ups need this the most. Let them be silly and playful with you and they just might remember their childhood, too.

Share your favorite things to do or see outside?

Your body is always moving even when you are sitting still or sleeping. Some bodies like to move a little and some bodies like to move a lot.

What animals move a lot?

What animals move a little?

How do you like to move your body?

Draw a picture of you moving your body.

Let's explore movement beginning with your breath.

Nose Breathing Exercises:

Make your breath as gentle as a breeze.
Move the air in and out of your nose.
Close your lips.

Listen to your breath.
Rest your hands on your body.
Smell the air.
Feel the temperature.
Sense your body move.

What happened?

Quiet Breathing

Breathe in and out through your nose.
Breathe so quietly that the hairs in your nose barely move.

*Imagine a field of tall grass on a sunny day with no wind.
The sun is warm and all the blades of grass are still.
A butterfly lands on your nose.
You feel the air move beneath its colorful wings.*

What's it like to breathe so quietly?

What animals are quiet breathers?

Catch the Pause

- Breathe quietly through your nose.
- Close your lips.
- Catch the pause between breathing in and breathing out.
- Gently guide one breath into the next.

Bubbles float in the air.

You catch a few here and there.

By your ear one bubble quietly disappears.

What was that like?

Hold the Pause

- Breathe quietly through your nose.
- Close your lips.
- Catch the pause between breathing out and breathing in.
- Gently lengthen the pause after you breathe out.

Return to your normal breath.

A feather falls from the sky.

Brushing your hand as it passes by.

You let go and watch it fly.

How did that feel?

When might you use this breath, if ever?

Your eyes can move with or without moving the rest of your body.

- Change eye movements with head movements
 - Move the eyes and head in the same direction.
 - Move the eyes in the opposite direction of the head movement.
- Eye Clocks
 - Move the eyes around like the hands on a clock.
 - Switch directions.

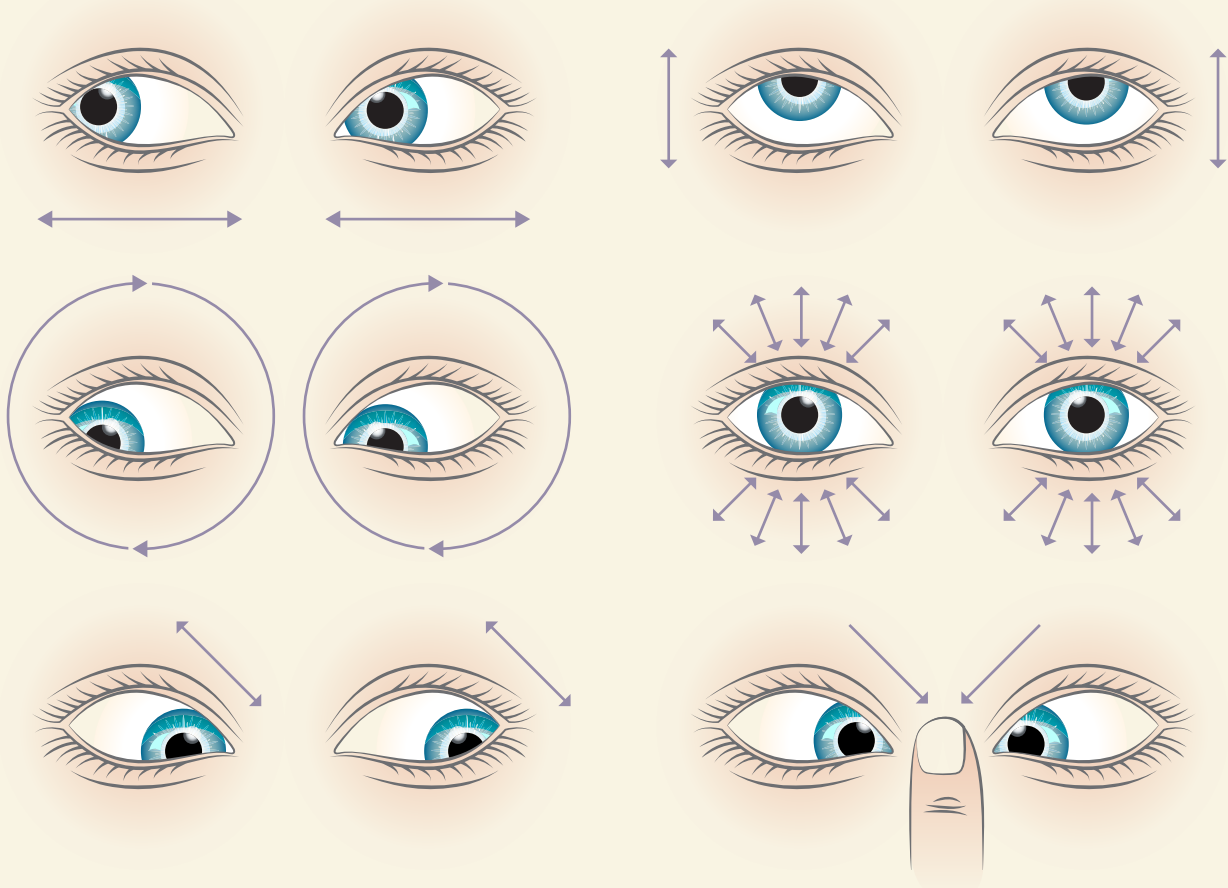


Illustration Credit: Sergey7777

Can you wiggle your ears?

Try this listening exercise.

- Close your eyes while a friend makes noises in different places around the room.
- Sit outside with your eyes closed and listen to the different noises around you.
- Say if they are:
 - Near
 - Far
 - Left
 - Right
 - Front
 - Back

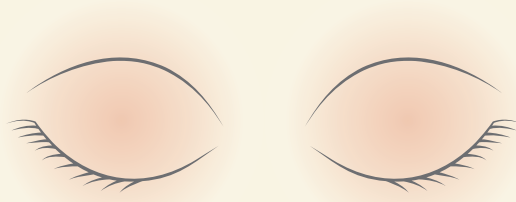


Illustration Credit: ikryannikov@gmail.com

Mind-Body Connection

All our bodies get weaker or stronger in response to our thoughts.

- Find a partner.
- Face each other.
- One person chooses to be the student the other person is the tester.
- Student holds their arm out to the side, thumb pointing towards the floor.
- Tester gently depresses student's arm as student resists just enough to hold their arm in place. This establishes the student's ability to hold their arm up with little effort

- Student thinks "I can't do _____".
- Tester depresses student's arm again.
- Student notices how much effort was needed to hold their arm steady.

- Student thinks "I can do _____".
- Tester depresses student's arm again.
- Student notices how much effort was needed to hold their arm steady.

- Switch roles and repeat.

Which thinking made it easier to hold your arm up? Why?:

Let's Move

Look at the pictures on the next few pages and copy the movements of the bunny.

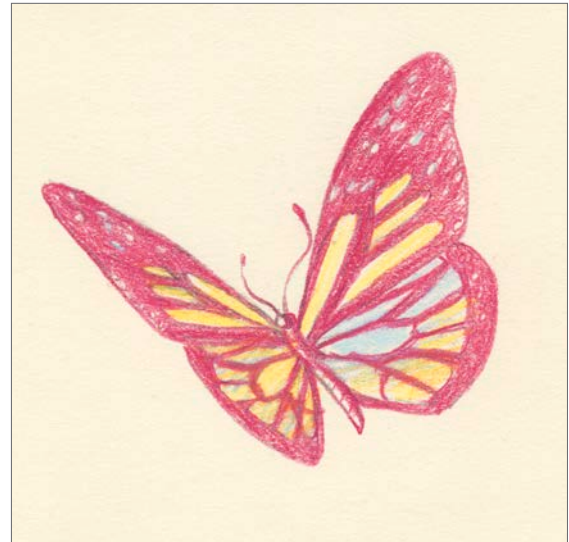
The words at the bottom of the page may be new to you.

Say each word out loud as best you can or repeat it after an adult reads it to you.

Let the descriptions create images in your mind.

Tell a story using each word.

Where can you find these new words?



“Once upon a time, words began to vanish from the language of children. They disappeared so quietly that at first almost no one noticed - fading away like water on stone. The words were those that children used to name the natural world around them; acorn, adder, bluebell, bramble, conker - gone! Fern, heather, kingfisher, otter, raven, willow, wren . . . all of them gone! The words were becoming lost, no longer vivid in children’s voices, no longer alive in their stories.”

- *The Lost Words* by Robert MacFarlane and Jackie Morris.

Moving and using these words will help restore your relationship with nature.

Curl your body in close.

Rest in the safety of this shape.

Breathe slowly and gently in/out of the nose (if possible).



LANGUAGE PROMPTS:

Burrow, Acorn, Conker, Fern

Burrow: a hole dug by an animal like a fox or a rabbit for safety and sleeping.

Acorn: the small seed of the mighty oak tree.

Conker: the hard shiny dark brown nut of a chesnut tree. Also, a game in which each player swings a conker tied to the end of a string trying to hit the other player's conker.

Fern: a plant that grows on the forest floor with long stems and feathery leaves but no flowers.

Stretch your body.

Breathe in as you stretch. Breath out as you relax.

Move like a “Snow Angel”

- just arms
- just legs
- right side only
- left side only
- opposite arm & leg



LANGUAGE PROMPTS:

Magpie, Dandelion, Heather, Pasture

Magpie: a bird with black and white feathers, a long tail, and a loud voice.

Dandelion: a plant with lots of thin yellow petals. As the thin yellow petals fall off, a white fluffy ball of seeds expands and floats in the wind.

Heather: a flowery shrub usually with pink flowers that grows over hills.

Pasture: land covered with grass and other low growing plants where animals graze (eat).

Roll from back to belly.

Use just arms to roll.

Use just legs to roll.

Breathe.



LANGUAGE PROMPTS:

Otter, Tumble Weed, Bramble

Otter: a mammal with four legs that swims well, rolls from its belly to its back, and eats its meal while floating in the water.

Tumble Weed: a plant that grows in dry lands and breaks off from its roots to let the wind roll it around.

Bramble: a prickly, scrambling shrub that grows around other plants.

Rest on the front of your body.

Lift your head and heart off the floor just a little.

Breathe.

Stretch your arms out front like a super hero

-move your arms and legs like you're swimming.

Move forward in a low belly crawl.

-use just your hips & legs

-use just your arms & upper body



LANGUAGE PROMPTS:

Adder, Newt, Weasel, Buttercup

Adder: a small poisonous snake with a dark zigzag pattern on its back.

Newt: a small creature with four legs and a long tail that stays close to the ground or swims in the water.

Weasel: a small, short-legged, wild animal with a long slender body and red fur.

Buttercup: a small plant with round, bright yellow petals that open up towards the sun.

Rest on your hands and knees.

Round your back up and down.

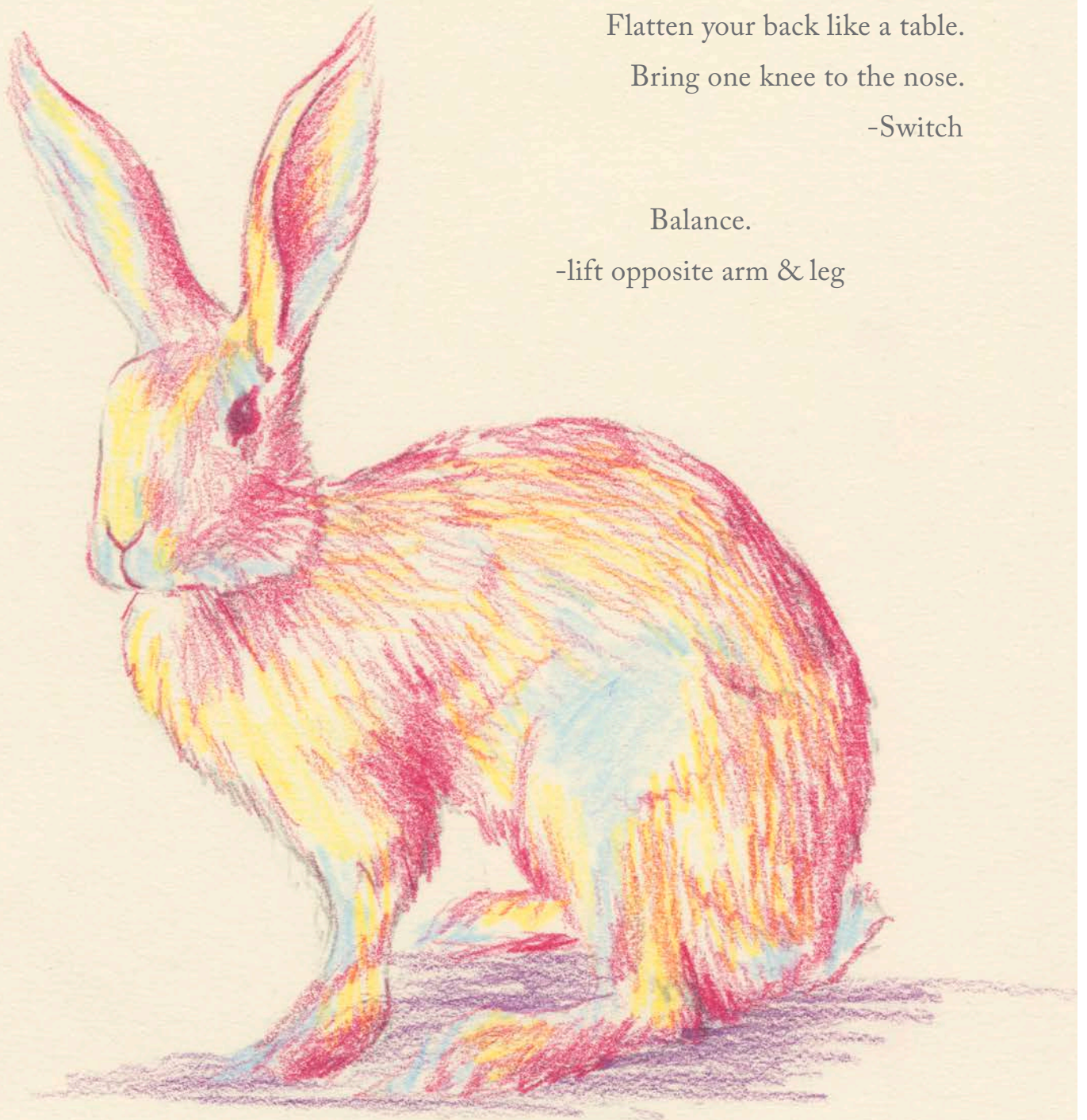
Flatten your back like a table.

Bring one knee to the nose.

-Switch

Balance.

-lift opposite arm & leg



LANGUAGE PROMPTS:

Hazel, Boulder, Stump, Bobtail

Hazel: a small round tree.

Boulder: a large rock that has been smoothed by the water or wind.

Stump: the lower part of a tree left in the ground after it has fallen over or been cut down.

Bobtail: a rare cat with a very short tail.

Sit.

Breathe quietly.

Reach your hands out in front of your body.

Hug yourself.

Breathe.



LANGUAGE PROMPTS:

Catkin, Mistletoe, Kingfisher

Catkin: a group of tiny flowers hanging like short pieces of string from some branches.

Mistletoe: a plant that never loses its leaves and grows on other trees.

Kingfisher: a small brightly colored bird that has a long pointed beak and lives near rivers and lakes.

Place hands and feet on the ground.

Press hips up to the sky.

Stretch.

Crawl around.



LANGUAGE PROMPTS:

Coyote, Wolf, Hound

Coyote: a small buffy-gray wild dog.

Wolf: a wild dog that is bigger than a coyote.

Hound: a dog with large droopy ears and a strong sense of smell.

Stand with barefeet.

Press feet into the ground.

Reach top of the head to the sky.

Grow tall.

Breathe gently.



LANGUAGE PROMPTS:

Conifer, Beech, Willow

Conifer: a group of trees with long needle-like leaves and seeds protected by cones.

Beech: a large tree with smooth gray bark, glossy leaves. Its fruit, the beechnut, feeds many animals.

Willow: a tree that grows near water and has long, thin branches that hang down.

Stand.

Lift one foot off the ground.

Give your knee a hug.

Let go.

Touch elbow to opposite knee.

Stretch leg

-to the front

-to the side

-to the back



LANGUAGE PROMPTS:

Heron, Flamingo, Clinkerbell

Heron: a bird with long legs that wades in the water.

Flamingo: a tall wading bird with bright pink feathers.

Clinkerbell: a very old word for icicle. It's one of my favorite words.



Move.

Skip.

Gallop.

Jump.

Dance.

Feel your heart beat.

LANGUAGE PROMPTS:

Wren, Ivy, Lark, Human

Wren: a small short-winged songbird.

Ivy: a climbing plant.

Lark: a small brown bird known for its beautiful singing.

Human: a wonderful being who lives in harmony with all life.

Did you know that your emotions move, too? It's true. They move in and out of your body like the breath.

Make a list of all the emotions that you can name.

Write down 3 emotions you feel most often.

Learn more about your emotions.

Name of Emotion: _____

Color: _____

Number: _____

Shape _____

Texture (soft, hard, rough, smooth etc): _____

Temperature (hot, cold, warm, cool): _____

Body Part Association: _____
(where do you feel it)

Name of Emotion: _____

Color: _____

Number: _____

Shape _____

Texture (soft, hard, rough, smooth etc): _____

Temperature (hot, cold, warm, cool): _____

Body Part Association: _____
(where do you feel it)

Name of Emotion: _____

Color: _____

Number: _____

Shape _____

Texture (soft, hard, rough, smooth etc): _____

Temperature (hot, cold, warm, cool): _____

Body Part Association: _____
(where do you feel it)

Body Position & Emotions

As you might imagine, the way you hold your body shows your emotions. Try the following exercises.

Create a shape with your body that shows each emotion:

- Sad
- Happy
- Surprise
- Fear
- Worry
- Anger
- Confident
- Love
- Joy
- Peace

What did you learn?

Laban Movement Exercises

Stand-up and watch as you drop the following objects to the floor:

- scarf
- feather
- rock
- piece of paper

With your body pretend to move like each object.

What was that like?

How did your body change as it mimicked each item?

Imaginative & Creative Exercises

Our brains get stronger when we think about things a little more creatively. Try each exercise below and see what happens.

Colors

Write one describing word next to each:

Red _____

Orange _____

Yellow _____

Green _____

Blue _____

Purple _____

Black _____

White _____

Brown _____

What are some other colors that you like or don't like? Why?

Symbols & Shapes

Write one describing word next to each:

Heart _____

Diamond _____

Clover _____

Cross _____

Feather _____

Star _____

Moon _____

Sun _____

What other symbols do you like or dislike. Why?

What symbols, numbers, or colors do you think about or dream about most often?

What story could your dreams or your imagination tell you?

Personal Wishes

What do you love to do? What makes you laugh?

What do you wish other people knew about you?

What are your favorite foods?

What foods make you feel happy?

What foods make you feel strong?

How do you rest?

How do you relax?

When do you sleep?

How do foods make you feel?

Date:

FOOD CHART			
Breakfast:	Lunch:	Dinner:	Snacks:
Water	Water	Water	Water
Eggs	Eggs	Eggs	Eggs
Meat	Meat	Meat	Meat
Nuts	Nuts	Nuts	Nuts
Vegetables	Vegetables	Vegetables	Vegetables
Grains	Grains	Grains	Grains
Beans	Beans	Beans	Beans
Fruits	Fruits	Fruits	Fruits
Dairy	Dairy	Dairy	Dairy
Sugar	Sugar	Sugar	Sugar

How did you feel in the morning?



How did you feel in the evening?



Circle each item you ate/drank at every meal. The following are some descriptions to help you identify the foods:

Grains are unprocessed wheat, oats, quinoa, rice, etc.

Dairy includes butter, cheese, milk and yogurt without any added sugar.

Sugar gets circled anytime you ate a food with added sugar in the ingredients. This includes fruit juices, sugary drinks, sweetened breakfast cereals, flavored yogurts and artificially sweetened food/drinks.

Caffeine includes sodas, teas, coffee, and chocolate.

Circle the face that best represents your mood during the day or write down how you felt in the space provided.

GUIDED RELAXATION ON THE HEART

Rest on your back with your arms by your sides.

Be soft and breathe.

Feel your body breathe.

Find your heartbeat.

Feel the warmth of your heart radiate out the arms softening your shoulders, pausing at your elbows, wrists, and the palm of each hand extending to the tip of each finger.

Let the warmth flow from your heart center to the top of your head traveling over the face, pausing at your eyebrows, your ears, the tip of your nose, lips, tongue, chin, through your throat and back to your heart center.

Bring the sensation into the ribs discovering the middle of your body. Feel the rhythm of your heart flowing down your legs, settling in your knees, your ankles, your feet and your toes.

Allow the entire body to feel like your whole heart.

Stay for at least 1-2 minutes or as long as you like.

Breathe. Move your eyes under your eyelids, and slide your tongue across your teeth.

Wiggle your fingers and toes.

Take large morning like stretches.

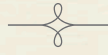
Roll up.

Sit.

Open your eyes.

Go be you!

Sweet dewdrops—just a few
shower kindness
to renew.



You are honeysuckle
and she is you.



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