

## Activity Instructions - Woodlands Siesta Station

Help each child find a comfortable hammock (Be sure you have tested each one before anyone gets in it). Chaperones and teachers may also have a hammock as far as they go. Whoever doesn't have one can get a comfy spot leaning against a tree.

Tell them that we have hammocks so we can see the forest from a different perspective, and so that we can be so quiet hanging in the air, instead of with our big tromping feet. Tell them we can take advantage of this quiet time to make a sound map.

Hand each student and chaperone a 3 x 5 card and a pencil and tell them to make a small mark right in the middle of the blank (unlined) side to represent themselves. Now make a sound like an owl or bird, and tell them that the next time they hear that sound, it is time to silently work on their sound map for 3 minutes, by your watch. They should make a mark for any sound they hear on their card, in the direction they hear it. It can be a word, or a squiggle, or a picture, just as long as they can remember the different sounds when they look at it. Tell them it is great to close their eyes when they listen too.

Make the owl call and settle quietly down, carefully noticing your watch.

At the end of 3 minutes, make the call again, and congratulate everyone on how silent they **could be in the forest**.

Ask them to hold on to their cards while you read them a story. Tell them they can close their eyes if they like, or they can enjoy watching the leaves overhead.

Read the kids a story, either [Water Guided Imagery](#) or [Tree Guided Imagery](#) or the [Caterpillar Visualization](#).

Tell them they can have one more minute in the hammocks if they like, and you are going around to each hammock so they can tell you one thing they heard that maybe no one else heard. Take up their pencils and cards, if they don't want them.

After you have heard everyone's sound, help them roll out, and move on towards the wildlife station (to the right at the trail and over the boardwalk). Remind them to keep their eyes open for Bingo items.

## Water Guided Imagery - Woodlands Siesta Station

Let's take advantage of this quiet moment in the hammocks to think about the water we drink today.

Clear, some say tasteless, but is it? Taste carefully. You might taste a little ground - it came from a well. Maybe a little forest. A little cloud. A little ocean. A little whale. **How about** glacier? Eskimo or polar bear? If you taste very carefully, maybe dinosaur **breath**. This same water has been recycled over and over since the earth began.

Most of our bodies are made from it, as well as all other beings on earth -- plant and animal. It connects us all. The water you drink today may be part of a hurricane next week, then sipped by a snake in a tropical rainforest after that . . .

Now, breathe in slowly. Breathe out. There is water mixed with your breath. You are contributing to the water cycle just by breathing. That water you drank in is now going **into the** air. Imagine you are rising with it. Floating up into the branches of the trees. Now you bump into a leaf.

Back down to earth you fall as a droplet, and onto the ground. You squeeze down between the soil particles, and feel this suction towards a root hair of one of these trees. Now you really feel the pull as capillary action squeezes you up and up the trunk right into a bright green leaf where photosynthesis is happening in the sunshine. Oops, you ooze right by the chloroplasts where other water droplets are being turned into sugar water and are heading back down the tree trunk to be stored in the wood for maybe 100 years.

But you are luckier. As you jostle with the other water drops, you see a small opening in the underside of the leaf . . . just big enough for you to pass through if you were a little skinnier. Ah-hah, so this must be transpiration! It's just tree breath, and you float out as water vapor, in the gaseous form. Now you're really invisible, and light, moving up higher over the forest and farms below.

It feels colder up here, and there are all kinds of dust particles floating around too. You bump into one of the dust particles and form into a droplet again. Condensation is sort of fun, when you get to hang out with lots of friends, forming a cloud. Oh, oh, you have this sinking sensation, like you're about to fall back to earth. Look out below! I'm about to precipitate.

## Tree Guided Imagery - Woodlands Siesta Station

Look carefully at a nearby tall tree, and then imagine spinning slowly around in a circle. As you spin, imagine yourself becoming the tree. Now close your eyes.

Feel your large taproot grow down from your hips and into the soft soil beneath you. Feel it sink 25 feet (7.6 m) into the ground. Then feel your lateral roots spread out just below the surface of the ground.

They will spread farther and farther until they reach 30 feet (9 m) from your trunk.

(pause)

Now imagine your branches rising from your trunk. Stretch your limbs. Feel your large branches divide into smaller branches and twigs. See the leaves at the ends of the twigs. What do they look like? Are they large or small? Pointed or round?

(pause)

See how green your leaves are and how your leaves contain tiny bursts of a green-colored matter called chlorophyll. Your leaves also have tiny holes that allow you to breathe the air. Imagine taking in some air through your leaves.

Deep in the ground, gather water with your roots. Feel the water pulsing up through your roots, up through your trunk, and out to your leaves.

Now feel the sun's warm rays on your leaves. Bring the sunlight into your leaves. Imagine the chlorophyll in your leaves trapping the sunlight. Use the energy from sunlight to change carbon dioxide (from the air) and water (from the soil) into food for you. Your food is called carbohydrates, which means starches and sugars. As you make carbohydrates, your leaves exhale oxygen.

Send some of the food to your branches so they can grow bigger, to your trunk so it can get wider and to your roots so they can grow longer. Feel yourself growing greener and larger with the sun's help.

(pause)

When you are ready, open your eyes.

## Caterpillar Visualization

You might not be able to remember when you were first hatched 3 weeks ago, little caterpillar, so I'll tell you just how it was while you rest in your chrysalis. Several months ago, your mother monarch butterfly laid your tiny egg on a milkweed leaf. It was pale green and shiny, and shaped like a little cone. It only took you about 4 days to chew through the soft eggshell and peep out. You were such a cute baby caterpillar, with pretty yellow, black and white stripes and lots of legs. You had your regular six insect legs and a few extra baby legs with little hooks on the end, to help you climb up the plant. You even had 2 pairs of protective black threadlike horns at the front and back of your body that could help keep away flies that wanted to lay their eggs on your back.

You had such an appetite! You just ate leaves all day long, and grew and grew. Several times you outgrew your skin, and had to shed it for a new bigger one underneath. People call this molting. One day when you were as big as monarch caterpillars need to grow, or about 2 inches long, you spun a little silken mat on a big milkweed leaf. You entangled your hooked feet in this mat, let go with your forefeet and hung downward, letting the front end of your body curl up. You looked just like a "J". You stayed this way for several hours while the juices in your body all ran downwards and swelled your head up. Suddenly your skin began to split open right along the middle of your back, and started to shrink upwards. I don't think this hurt at all, but you wiggled to help your skin move into its new place. The new softer skin that was underneath begins to harden into a beautiful green covering with shiny golden spots all over it. That's where you are now, inside this lovely, safe green chrysalis, just resting. For two weeks you rest. Do you feel anything? Can you tell that it is a beautiful sunny, warm day at *location*? Did you know when it was raining the other day? Could you feel the wind blowing so hard, or know when a deer brushed by you in the full moon? How does it feel to be swinging gently in your own tiny hammock?

Something feels different about your body now. While you were resting, you changed a lot. In fact, I can even see you through your chrysalis now because it has become a little bit see-through. I think I see some wings folded up in there. Wait a minute ... maybe you do feel that sunshine. I think the sun might be making something happen here. Your covering is breaking apart over your head! You reach out a long, thin leg and take hold of your empty skin and the support that attaches it to the lead and pull yourself out. You're hanging downward. Your tummy looks big, and your wings are all crumpled up and wrinkly. Now it looks like some body juices are pumping into your hind wings, and they are stretching out beautifully, orange and black. Now your front wings are filling up and your tummy is skinnier. You are only able to walk a few steps now to climb up onto the top of the lead to rest while your body and wings harden, for about an hour. You are so new and shiny all over, and so delicate and beautiful. Soon you will float off the lead, all grown up and ready for the world of butterflies. Maybe you will be the one to fly thousands of miles to Mexico and back next spring. Good luck, beautiful friend.