



ACTIVITY CART IDEA.....Emotional: Finding Wonder in Nature April 2020



I rediscovered poetry in 2001 and tap into its healing balm, often. My spark was rekindled by poet Mary Oliver, often referred to as a “modern day Emerson.” A “praise poet” Mary Oliver, who passed in 2019 was a keen observer of life and beings of the earth. I marvel at the simplicity of peonies, goldenrod, whelks, bears, wild geese and Oliver, an incredible word smith, described for the minds eye each object in nature, just like a photograph would capture. As Henry David Thoreau said,

“Heaven is under our feet as well as over our heads.”

April is Poetry Month and my wish is that this resource be a celebration and another positive coping skill for a challenging time.

Understanding the benefits of poetry:

- Provides a **release** of love and affection
- **Heals** emotional pain
- **Improves** verbal skills and memory
- Develops empathy and insight
- **Encourages engagement** with other art forms
- **Improves** critical thinking

Materials

- The Wonder of Nature Power Point
- The Wonder of Nature Booklet

Activity IDEAS

- Show power point through your in-house TV system
- Print power point/PDF and use for 1:1 visits
- Print booklet for individual use, 1:1



Stay brilliant!!

Nancy Richards, ADC/EDU/MC

P.S. Stay in touch and keep UP your important work within the care journey of life.

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