

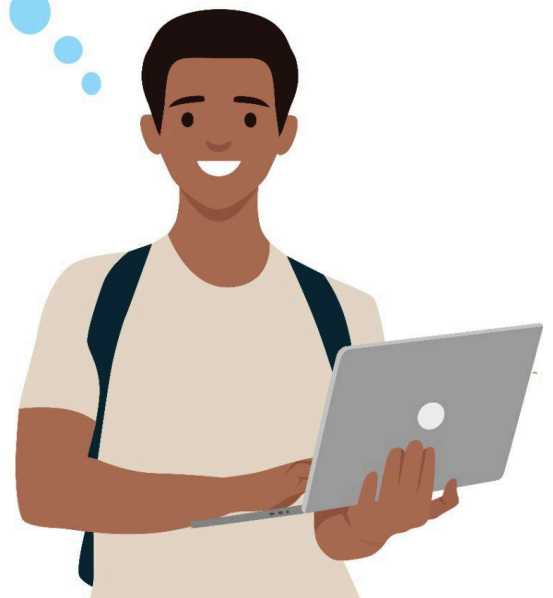
Name: \_\_\_\_\_

Date: \_\_\_\_\_

Entry #: \_\_\_\_\_

## Awareness Journal

Get outside and take time to explore the world around you! This journal consists of four parts that should be completed in order. These exercises can be completed in one or multiple sittings.



## Explore Your Neighborhood: See, Think, Wonder

Explore the area around your neighborhood or school. Bring a notebook, or this print-out, and a pen. Take notes on what you observe and any thoughts or questions you have about them. Pay close attention to how humans and nature interact. And lastly, keep in mind how certain areas make you feel and why.

<b>See</b> What Do You See?	<b>Think</b> What Does it Make You Think?	<b>Wonder</b> What Does it Make You Wonder?
<i>Example: There is a lot of litter on the ground.</i>	<i>Example: More people have moved into the area, and there aren't enough trash and recycling bins.</i>	<i>Example: How can we get the city to provide more trash bins?</i>

\* The See, Think, Wonder thinking routine was developed by Project Zero, a research center at the Harvard Graduate School of Education.

## Tic-Tac-Toe

With a partner, complete Tic-Tac-Toe reflection questions based on your observations. Select a square and answer the question to your partner. Continue taking turns, sharing your response to each prompt with your partner, until you win or draw. You can also reflect individually on at least three prompts by creating a winning tic-tac-toe.

What stood out to you the most? How did it make you feel about your environment?	How did your mood change as you walked around your community?	How can being aware of what's happening in your community influence your everyday actions?
What social/environmental issues do you see in the world around you?	What can you do today to have a positive impact on your community?	What can you do to advocate for issues that are important to you?
What is an example of an issue outside of your community? How is it being addressed?	What is a community challenge that needs support that was not noticeable in your observations?	What does the future look like when people work together to care for their communities?

## Key Themes

What themes do you notice in your See, Think, Wonder, and Tic-Tac-Toe activities? How do they connect to challenges you care about? List at least 3 key ideas and thoughts from your reflection or conversation with your partner about the tic-tac-toe prompts above.

## Your Takeaways

- What challenges (environmental, social, cultural, or other) are you most passionate about changing in your community?
- How can you work as an individual or collaborate with others to make the biggest impact?
- What ideas or efforts can you plant now as “seeds” that might grow and have a lasting impact in your community or beyond?