Keep It Wilde

Missions

Southeast: Midmorning, Mid-Spring, childhood, rapid plant growth, play, catchable species, activation, motivation, electricity & vitality in the body!!

Week 3

Design an active game and play it with your family!

- Embolden a wild animal of your choice & move around the yard or forest just like it for as long as you can! Whoops like an enthusiastic can! Whoope like a coyote, climb like a bear, hop like a rabbit!! What do you notice?

- Design your own throwing & target practice! Try different distances and objects to throw - keep it safe!

- Climb a tree and do a sit spot from its branches! What can you see from this perspective?

- Catch a reptile - or amphibian: frog, lizard, salamander, snake, oh my!!! Wet your hands be gentle, thank it for its company and return it exactly where you found it. What is it teaching you?

- Eat an edible plant like a deer or rabbit - no hands, directly from the ground!

- Draw a picture of what you catch! Look up some fun facts about it and include them in your art!

- Go barefoot!
  - Level 1: Challenge yourself on various terrains.
  - Level 2: Go barefoot for an entire day!!
  * Notice what happens to your body, mind & heart!

- Get Muddy!!
  - Level 1: Go barefoot through some mud & feel the sensations!
  - Level 2: Transform into your own version of a Mud Monster!!
  * Clean up before going inside!

Wisdom Of The Earth W Wolf Kids: Thriving Roots Wilderness School