
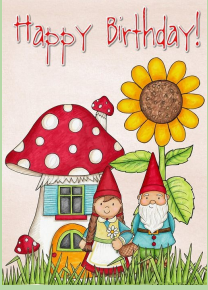




Nature Immersion

Weekly Recap

Week of:	February 18–22																																																																								
Quote of the week “ ”	“Look deeper into nature and you will understand everything better” –Albert Einstein																																																																								
Conscious connection 	<div><h2>Map of Consciousness</h2><p>Developed by David R. Hawkins</p><p>The Map of Consciousness is based on a logarithmic scale that spans from 0 to 1000.</p><table><tr><th>Name of Level</th><th>Energetic “Frequency”</th><th>Associated Emotional State</th><th>View of Life</th></tr><tr><td>Enlightenment</td><td>700–1000</td><td>Ineffable</td><td>Is</td></tr><tr><td>Peace</td><td>600</td><td>Bliss</td><td>Perfect</td></tr><tr><td>Joy</td><td>540</td><td>Serenity</td><td>Complete</td></tr><tr><td>Love</td><td>500</td><td>Reverence</td><td>Benign</td></tr><tr><td>Reason</td><td>400</td><td>Understanding</td><td>Meaningful</td></tr><tr><td>Acceptance</td><td>350</td><td>Forgiveness</td><td>Harmonious</td></tr><tr><td>Willingness</td><td>310</td><td>Optimism</td><td>Hopeful</td></tr><tr><td>Neutrality</td><td>250</td><td>Trust</td><td>Satisfactory</td></tr><tr><td>Courage</td><td>200</td><td>Affirmation</td><td>Feasible</td></tr><tr><td>Pride</td><td>175</td><td>Scorn</td><td>Demanding</td></tr><tr><td>Anger</td><td>150</td><td>Hate</td><td>Antagonistic</td></tr><tr><td>Desire</td><td>125</td><td>Craving</td><td>Disappointing</td></tr><tr><td>Fear</td><td>100</td><td>Anxiety</td><td>Frightening</td></tr><tr><td>Grief</td><td>75</td><td>Regret</td><td>Tragic</td></tr><tr><td>Apathy</td><td>50</td><td>Despair</td><td>Hopeless</td></tr><tr><td>Guilt</td><td>30</td><td>Blame</td><td>Evil</td></tr><tr><td>Shame</td><td>20</td><td>Humiliation</td><td>Miserable</td></tr></table></div>	Name of Level	Energetic “Frequency”	Associated Emotional State	View of Life	Enlightenment	700–1000	Ineffable	Is	Peace	600	Bliss	Perfect	Joy	540	Serenity	Complete	Love	500	Reverence	Benign	Reason	400	Understanding	Meaningful	Acceptance	350	Forgiveness	Harmonious	Willingness	310	Optimism	Hopeful	Neutrality	250	Trust	Satisfactory	Courage	200	Affirmation	Feasible	Pride	175	Scorn	Demanding	Anger	150	Hate	Antagonistic	Desire	125	Craving	Disappointing	Fear	100	Anxiety	Frightening	Grief	75	Regret	Tragic	Apathy	50	Despair	Hopeless	Guilt	30	Blame	Evil	Shame	20	Humiliation	Miserable
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<p>Birthdays</p> 	<p><u>Happy Birthday to our School Family Members!</u></p>
<p>NI News</p> 	<p>Many of you ask what loose parts to bring in, here is a link of what considers to be a loose part: https://docs.wixstatic.com/ugd/16ea66_65b49995bdac4faa9a88a23102f64a60.pdf</p>
<p>The More You KNOW...</p>	<p>This upcoming Friday (3/1) will be an early release day at 12:00 pm.</p>
<p>NI</p> 	<p>Tree exploration continued this week with bark rubbings, a mystery box, building forts from trees, and exploring the body of a tree. We compared the branches to our arms, trunk to our body, bark to our skin, and leaves as hair or fingers. We also took a lot of breaths being a tree, appreciating the stillness that trees represent.</p> <p>Our sense of touch was measured by identifying objects we couldn't see, smell, or hear, only touch. Students described a stick as skinny and hard, pinecone as bumpy and spikey, moss as soft and hairy, tree stump as a tree stump :) Their sense of touch was powerful but also bias because they were very familiar with the hidden objects. I am excited to explore their senses and ability to recognize natural materials so quickly!</p> <p>Loose parts (sticks for a net, spool for a ladder) were used by safekeepers and students to collect items stuck in trees and on the roof. Students were able to problem solve with safekeepers to retrieve materials and work together to find solutions!</p> <p>Nature exploration: This week for nature exploration, we collected materials that we thought we felt in our mystery box. On our walk, students collected Spanish moss, sticks, acorns, branches, and pine cones. Students used only their sense of touch to identify the materials!</p>

