

## Arizona Trail Seeds of Stewardship Program

### *Building a Stronger Sense of Place*

by Deborah Oslik

On January 18<sup>th</sup> the Arizona Trail Seeds of Steward Program and Vail Blended Learning joined forces to offer 14 middle school students and opportunity for a day out on the Arizona Trail. Our outing was focused on building a sense of place for the students. We facilitated a series of activities, such as creating a sound map by sitting in silence and mapping the sounds one hears, in order to encourage that process. As our lives become busier and busier, we feel it is important to offer young people the opportunity to enjoy and experience the quiet of nature and be able to sit with themselves. And that is just what we did!



In addition to the activities we did, the students also hiked 3.5 miles of the Arizona Trail. At the end of the day, the students' had an overwhelmingly positive feeling about their experience on the trail, and many were already eager for our next outing together in March!

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