



THE PLANE TREE

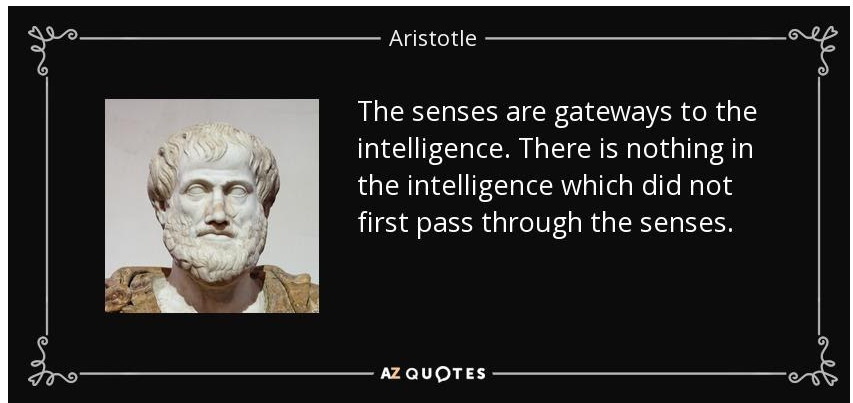
In ancient Athens, Greek Philosophers conducted class under the shade of the Plane Tree, pictured here.

Socrates taught Plato. Plato taught Aristotle. Aristotle taught Alexander the Great. Lessons of justice, wisdom, truth and self-worth were shared in the college setting of The Academy, in a symposium of Socratic questioning...in nature, under The Plane Tree.

The Covid-19 Pandemic closed our school buildings and sent all students, young and old, to their homes for lessons. Life might just be as it should. During times of stress, our intelligence is allowed to build a new awareness as a result of opening our senses, and reconnecting with nature.

NATURE LITERACY QUIZ

- ☐ What phase is the moon in right now?
- ☐ Can you identify five constellations by name in the night sky?
- ☐ What are five common perennial flowers?
- ☐ List five species of songbirds.
- ☐ List five edible plants that are not vegetables or fruits.
- ☐ Name five types of deciduous trees.
- ☐ What are the three categories of clouds in the sky?
- ☐ Describe how the moon creates tides in the sea.
- ☐ Explain the habitats of five woodland mammals.



ECTOTHERAPY: RELAXING TO NATURE

One way to foster our senses as a gateway to intelligence is to recognize what we would place in a relaxation survival kit made from our favorite things in nature. We could use this kit in times of stress to regain our personal homeostasis. See if you can fill out the following list. Keep it in your purse or wallet, or post it on the refrigerator or bathroom mirror for your reference. Good luck! (the exercise of making this list is in fact a form of relaxation ;-)

MY RELAXATION SURVIVAL KIT

Sight

1. _____
2. _____
3. _____

Sound

1. _____
2. _____
3. _____

Taste

1. _____
2. _____
3. _____

Touch

1. _____
2. _____
3. _____

Smell

1. _____
2. _____
3. _____

Spirituality

1. _____
2. _____
3. _____