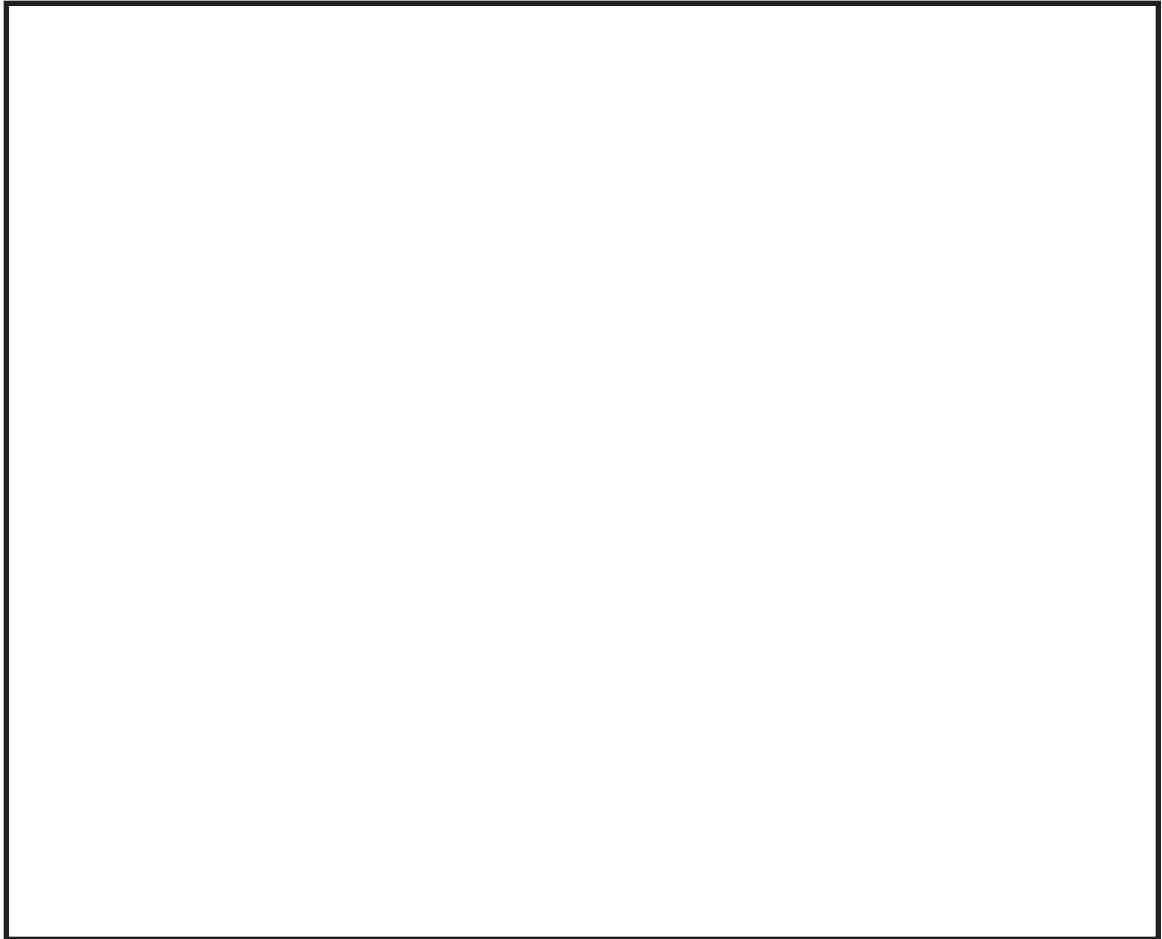


CHEAKAMUS  
CENTRE

*Outdoor School Program*



This journal belongs to:

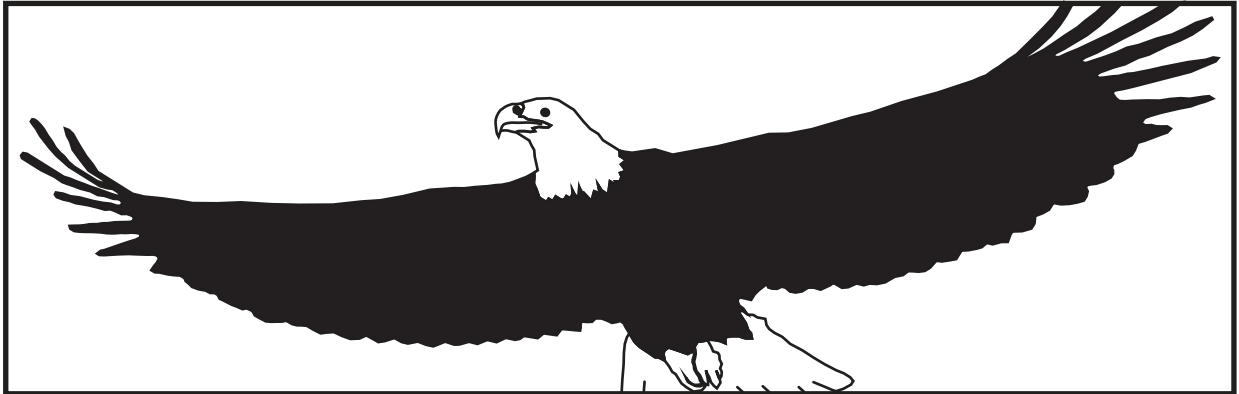
Name: \_\_\_\_\_

School: \_\_\_\_\_

Learning Journal & Field Guide

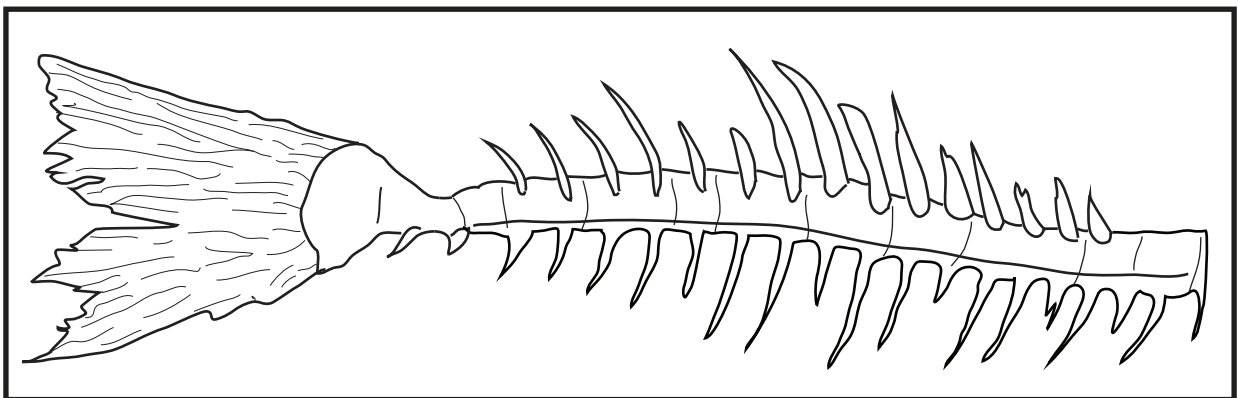
# Acknowledgement

We would like to acknowledge and thank the Coast Salish people on whose traditional territory Cheakamus Centre resides. We express our gratitude to the Squamish Nation and we value the opportunity to learn, live and share educational experiences on this traditional territory.

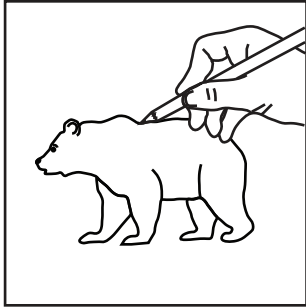


## This place we share

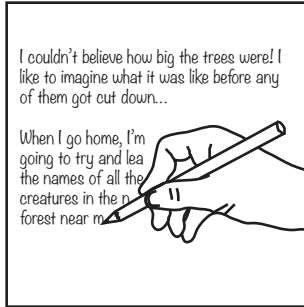
Cheakamus Centre is home to a 165 hectare ecological reserve. Eagles, old-growth cedars, and pacific salmon are some of the organisms that call this place home. We invite you to discover the beauty of the coastal temperate rainforest, and to find your place within it.



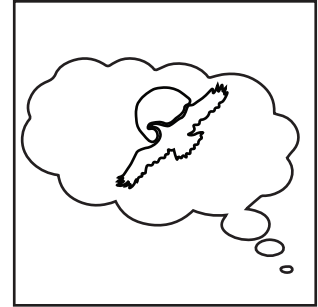
# Your journal is a space to...



**Sketch**



**Write**



**Reflect**

Use your journal and field guide while you explore the environment at Cheakamus Centre. The journal is a place for you to write and draw about your experiences, and the field guide will help you to learn about the variety of plants & animals you meet along the way.

Journals are an important tool for naturalists and scientists alike! From Charles Darwin to Rachel Carson, the nature journal has been a powerful tool for discovery.



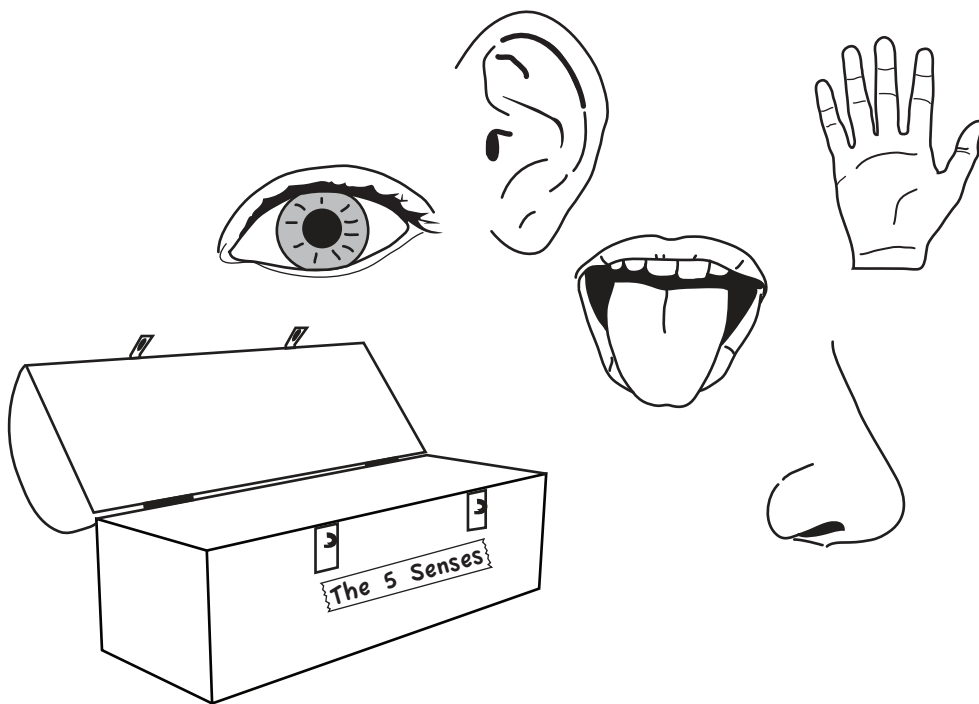
Charles Darwin  
The father of evolution



Rachel Carson  
Author of Silent Spring, a book that helped to start the environmental movement.

# Experience

While you are at the Outdoor School Program at Cheakamus Centre, you are learning the necessary skills to become an observer of the natural world. Practice using your sensory tool kit to observe and learn as much as you can.



**Observation** is one of the best tools of a naturalist. Use the following sentence starters to guide your observations.

I notice...

I wonder...

It reminds me of...





# Your home away from home



Name of cabin: \_\_\_\_\_

My counsellor: \_\_\_\_\_

Cabin mates: \_\_\_\_\_

Chores: \_\_\_\_\_

Something new I learned about someone else was...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Day 1

*Reflection*

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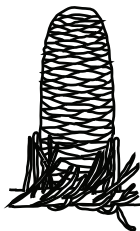
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**Day 2**  
*Reflection*

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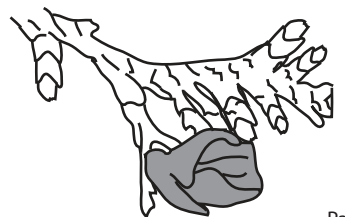
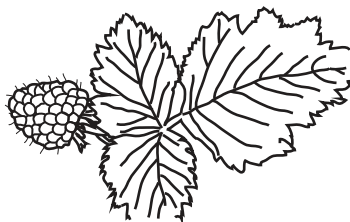
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# Day 3

*Reflection*

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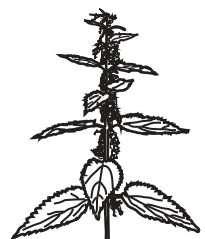
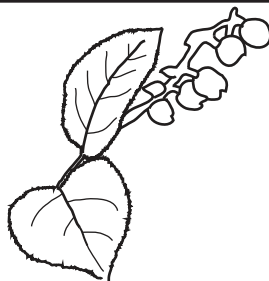
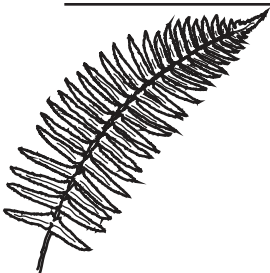
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# Final

## *Reflection*

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# Free Sketch and Write

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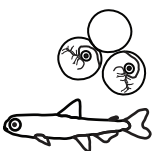
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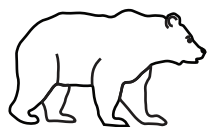
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# Free Sketch

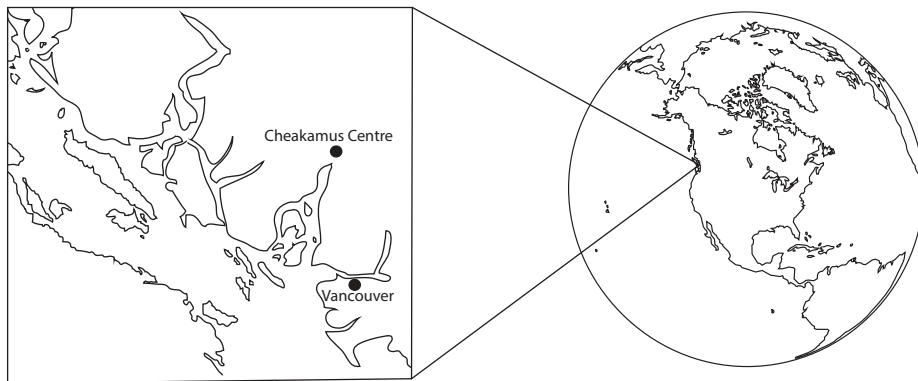


# Home

Even though you are heading home, you don't have to stop using your journal or field guide! Visit nearby near your home with your family, and continue to record what you see. Use the free pages in the back of this journal, or start a new one of your own.

## Stewardship

Everything that you've learned while at Cheakamus Centre is part of a larger idea called environmental stewardship. *Environmental stewardship is the responsibility to protect the environment through your actions.* Being an environmental steward means taking time to care for the natural world around you — not just for where we live, but for our whole planet. Through your experiences, you have learned about ways, both positive and negative, in which humans can impact the environment.



Think about what you've learned at Cheakamus Centre. Brainstorm ideas of what you can do to be an environmental steward: