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Introduction

This book consists of three sections inspired by John Muir's life, practices and accomplishments: The first part is a series of short descriptions that highlight parts of John Muir's life and accomplishments. He spent a lifetime working to preserve wilderness areas, forests, mountains, rivers and meadows, so wildlife can thrive. He wanted to preserve beautiful places so we can feel a meaningful connection with the natural world, and nourish our bodies, hearts and minds at the same time. So we can observe nature in awe and wonder, listen to the music of the wind, the voices the trees and the sounds of birds and other wildlife as they engage in their daily rituals across landscapes and skies. By reading Muir's thoughts about how he sees the world, you learn his values and what he believed was most important about the natural world.

The second section is a series of actions, questions, and activities to reflect on Muir's life and inspire thinking about how you relate to the places you live, your family stories and your community. Wonders of Nature presents opportunities to listen deeply and watch closely, become a skilled nature observer, and record experiences in your nature journal. This is your invitation to consider "how you think," in addition to "facts to think about." Advocacy presents examples how you can get involved in local issues that concern you and be part of a solution.

As we grow and find our way in our community, we can all benefit from having helpers and guides. These people show us a way through challenges and help us solve problems. By learning about John Muir, you can hold his lifetime practices as a role model for making a difference in your community. He represents individuals around the world – in history and contemporary times - who struggle and persevere to make the world a better place where anyone can thrive.

The third section is the Appendix at the back of the book includes answers to all activities and a glossary. This book scratches the surface of what there is to know about John Muir's life. A list of other books about him and a bibliography citing the sources used to create Muir's profile are also in the Appendix.

Personal Reflection Questions Respond in your book or in a separate journal.

- 1. What are important milestones in your life that you can add to a timeline?
- 2. Give an example of when you have persevered and not given up.
- 3. Have you or anyone you know invented something new and different?
- 4. What have you contributed to your family, your school or your community? Do you know other people who have?
- 5. John Muir enlisted support from other people and relied on mentors. Do you have a source of support or a mentor?
- 6. What comes to your mind when thinking about the future of the wilderness?
- 7. Stickeen was a special dog. Muir also developed relationships with squirrels. Do you have a special pet that you take care of and comforts you?

Building Storytelling Skills

What makes a good story?"

- ✓ Interesting and believable characters are very important. Sometimes the characters may remind you of yourself or someone you know.
- ✓ Details that make the story come alive. Listeners create images in their imagination. The more details you give, the closer their imagination will match yours. Without the details, listeners make up what they do not know.
- ✓ Every story has a problem or challenge to solve. Someone usually gets into trouble and needs help.
- ✓ Decide if your story will be funny, suspense, adventure or fantasy.

You can use this page to do some brainstorming for story ideas. The *Storytelling Decision Map* on the next page will be a great tool to get you started. When you do interviews of family members or friends, you can use this map to help you "map" how you want to tell their stories.

Sample Journal Page for Basic Information

Date: July 5, 2020 Time: 8:30 am Temperature: 65 degrees

Setting: Main Street Park Weather: Cloudy and cool

What do I see? Feel? Hear? Smell? Begin with a description of the morning sounds, the cool air you feel on your skin, shapes of the clouds, and if there are birds, squirrels or other wildlife roaming around.

Describe one object at a time, (such as a tree, flower, or insect). What is the size, texture, color and shape? What does the object remind you of? "The tree stump looks like a baby bear's head... The bark looks like it has two eyes staring at me."

Draw a picture of one or more objects that you described.