

November - Week 4

Thankfulness

Thanksgiving is both a holiday and a state of mind

that marks the fourth week of November. It is a time to think about and gather with family and friends and also to celebrate and give thanks for the harvest. By this point in the year most if not all gardeners and farmers have harvested and stored away their crops capping the growing season.

Across Minnesota, animals and plants are also busy storing up food and preparing for the winter. Those that remain active congregate around food sources including bird feeders, orchards, and areas still holding or storing the years' crop. Several animals continue to fatten up and are now in search of shelter where they will sleep through most or all of the winter.

This week, journal about what you are thankful for in the natural environment that surrounds you. Go outside to sit down or take a walk. What animals do you see gathering food to eat or store away? What plants and animals are you thankful for that live in your yard, schoolyard, neighborhood, or local wildlife area? Why are they special to you?

It is also a good time to take inventory and reflect on the time you've spent outdoors and to recall your interactions with nature throughout this past year. What experiences are you are thankful for? Did they make you smile then, and again, as you remember them? Think about how you can be present in the following year as you experience the cyclical patterns and events you are thankful for and be prepared for new experiences in the seasons to come.

Squirrels bury acorns and other food until the ground is frozen.

