



LITERATURE OF NATURE

Writing and the exploration of literary expressions about nature.

SAMPLE

ANIMARI
Bringing Life to Learning



READING ASSIGNMENT

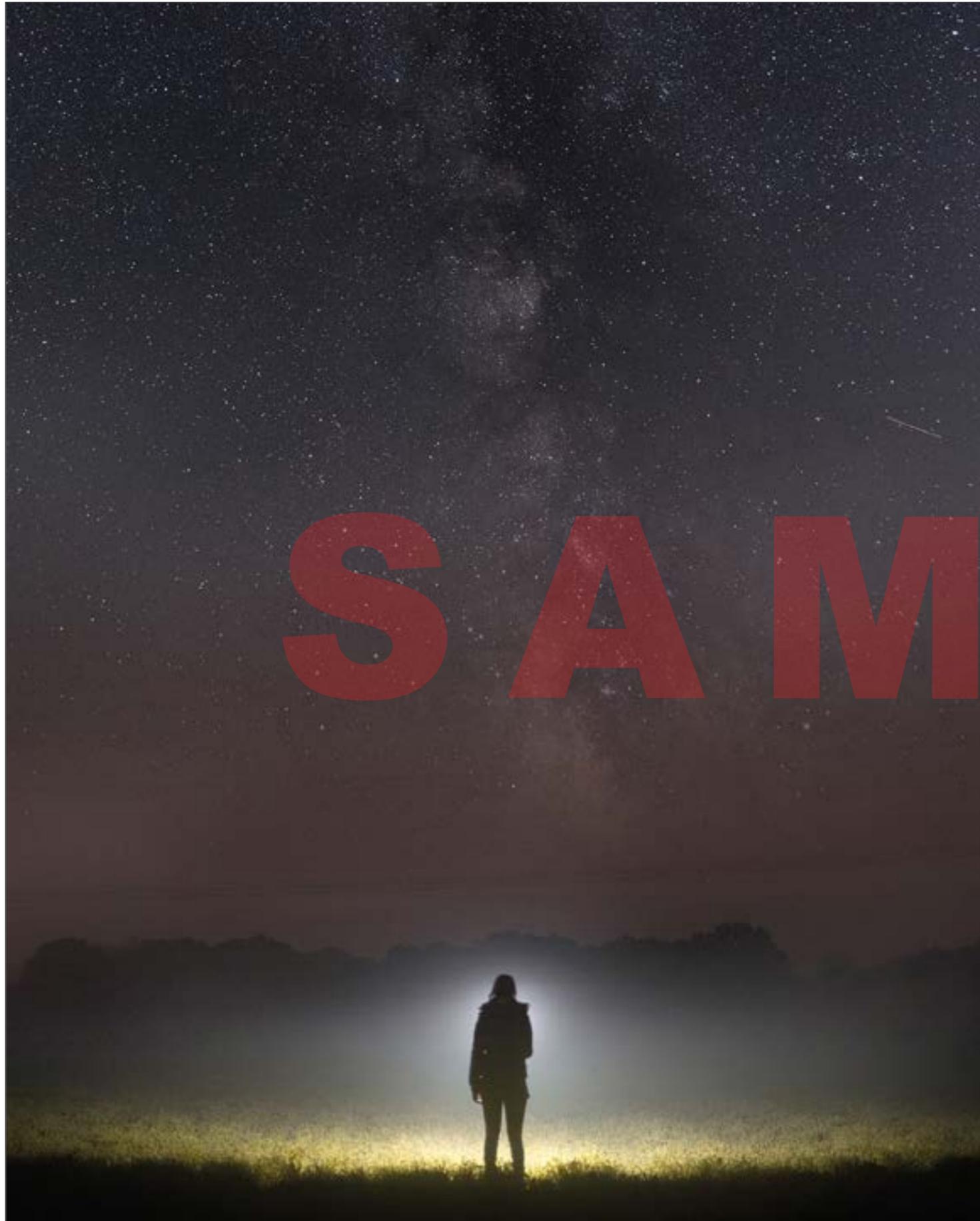
Since the inception of the US National Park system, writers have helped shape and influence the cultural consciousness on the importance of wild places.

Marjorie Stoneman Douglas's writings about the Everglades region of Florida were fundamental in the formation of Everglades National Park.

Read: Marjorie Stoneman Douglas's, "The Grass," *The Everglades: River of Grass* 

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LISTEN & READ

Listen to: Oren Lyons, “We Are Part of the Earth,”
from Sacred Land Institute, October 10, 2011. [🔊](#)

Read: Brenda Peterson chapter, “Killing Our Elders” [📖](#)

Listen to: “Survival, Indigenous Peoples’ Perspectives,”
Sherri Mitchell [🔊](#)

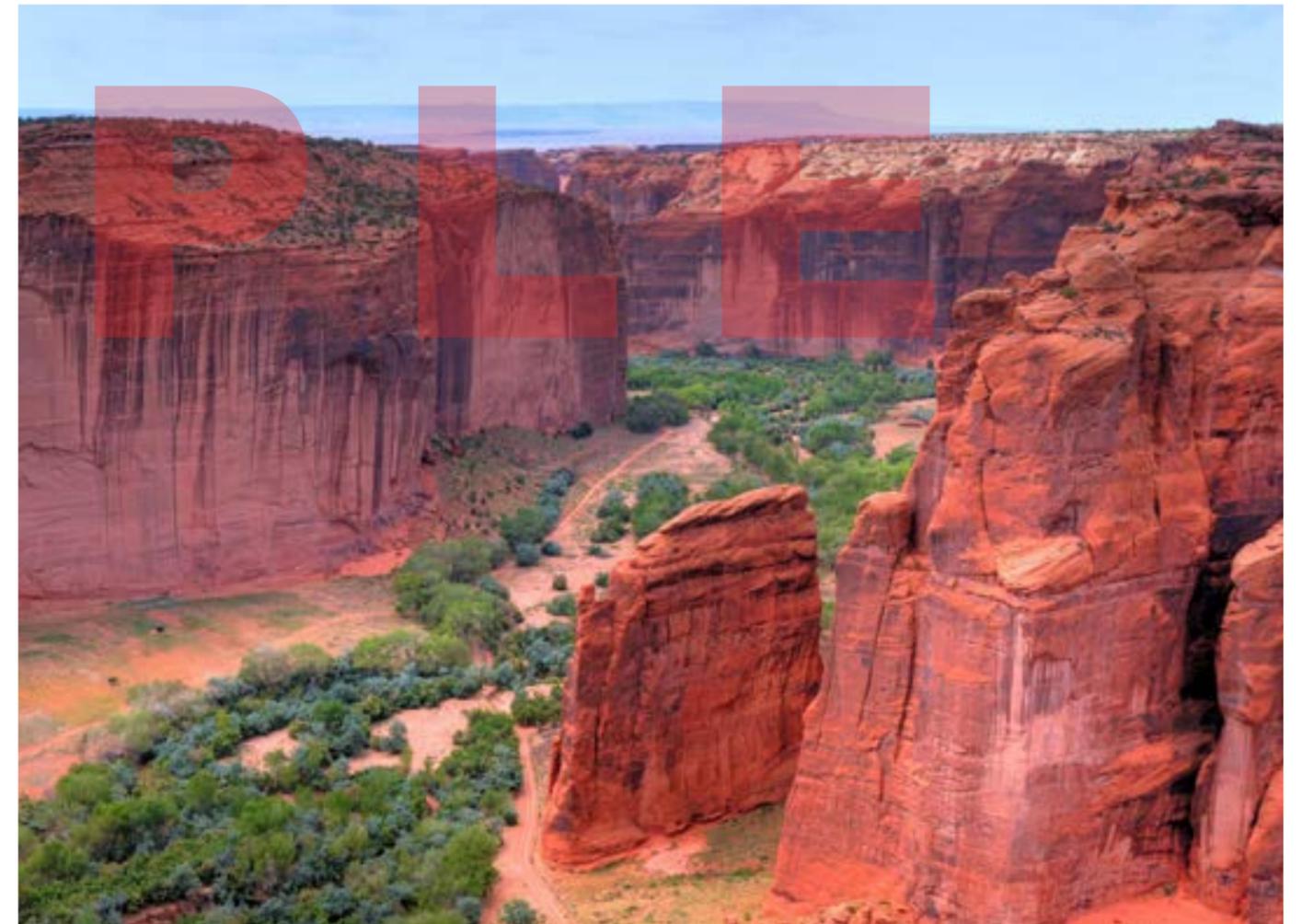
Nature as Medicine

Modern science is now validating the positive health impact of contact with nature. Studies have shown that healing rates are boosted in hospitals where patients have views of natural scenery; that contact with nature lowers stress, heart rate, anxiety, and depression; that nature contact decreases incidence of heart disease, diabetes, asthmas, and other diseases; and that it boosts academic performance. Governments in some countries are advancing policies to encourage contact with nature as a means to improve public health.¹⁶ Seoul, South Korea has three official “healing forests,” and is planning another 34 forests, due to open before the end of 2017. South Korea’s aim is that most major towns have a healing forest in their vicinity.¹⁷ Public universities there offer “forest healing” degree programs. Because the Korea Forest Service plans to hire 500 “health rangers” with this degree in the next few years, job prospects for graduates are good.¹⁸

Listen & Read

Read Terry Tempest Williams’s *Orion* article Sept/Oct 2014 “The Glorious Indifference of Wilderness.” [🔗](#)

Listen to Terry Tempest Williams Bioneers talk, “Erosion and Evolution: Our Undoing is Our Becoming.” [🔗](#)





WRITING EXERCISES #10 & 11

10. Williams writes a lot about wilderness and what she sees wilderness offering her and all people. What do you think about what she says? What do you think wilderness offers people? What does it give you? Write 1-3 paragraphs.
11. Go outside with a paper and pencil or pen. Turn off your phone and electronic devices and stow them away. Describe what you see, hear, smell, feel, and if applicable taste from the natural world. Are there herbs or plants fragrant in the sun?

Is the sky sunny, overcast, or rainy? Do you feel the sun or rain on your face? Are there soft grasses or plants beneath you? Are birds singing? Can you see any animals, birds, plants, trees, flowers or insects?

What are they doing? How do these sounds, smells or sights make you feel? If you have anxieties or fears, do you notice any affect the natural world has on them? When you go inside refer to any field guides you may have to help you identify what you saw.

Write 2-4 paragraphs about your experience.

