



Mindfulness and the Miocene

Calvert Cliffs State Park

Park Quest 2020

Reminder: Please bring your own materials (notebook/paper, writing/drawing utensils) with you.

Mindfulness is when we are actively taking notice of the present and our surroundings. Practicing being mindful can help us relax and be more open to the experiences right in front of us. Natural environments like the ones found on the trails in Calvert Cliffs State Park and other nature parks are good places to practice mindfulness. Taking time to get out in nature takes us away from the distractions of everyday life and puts us in an interesting environment. This makes it easier to be mindful by turning our attention to what is around us. Nature journaling is a tool that can also help. It is when we record what we see, hear, smell, feel, or think while in nature. It encourages us to focus our minds on the present by requiring that we pay attention in order to make those records. Allow yourself to relax and be mindful with some nature journaling at a sit spot in the park and maybe learn something new from the environment around you.

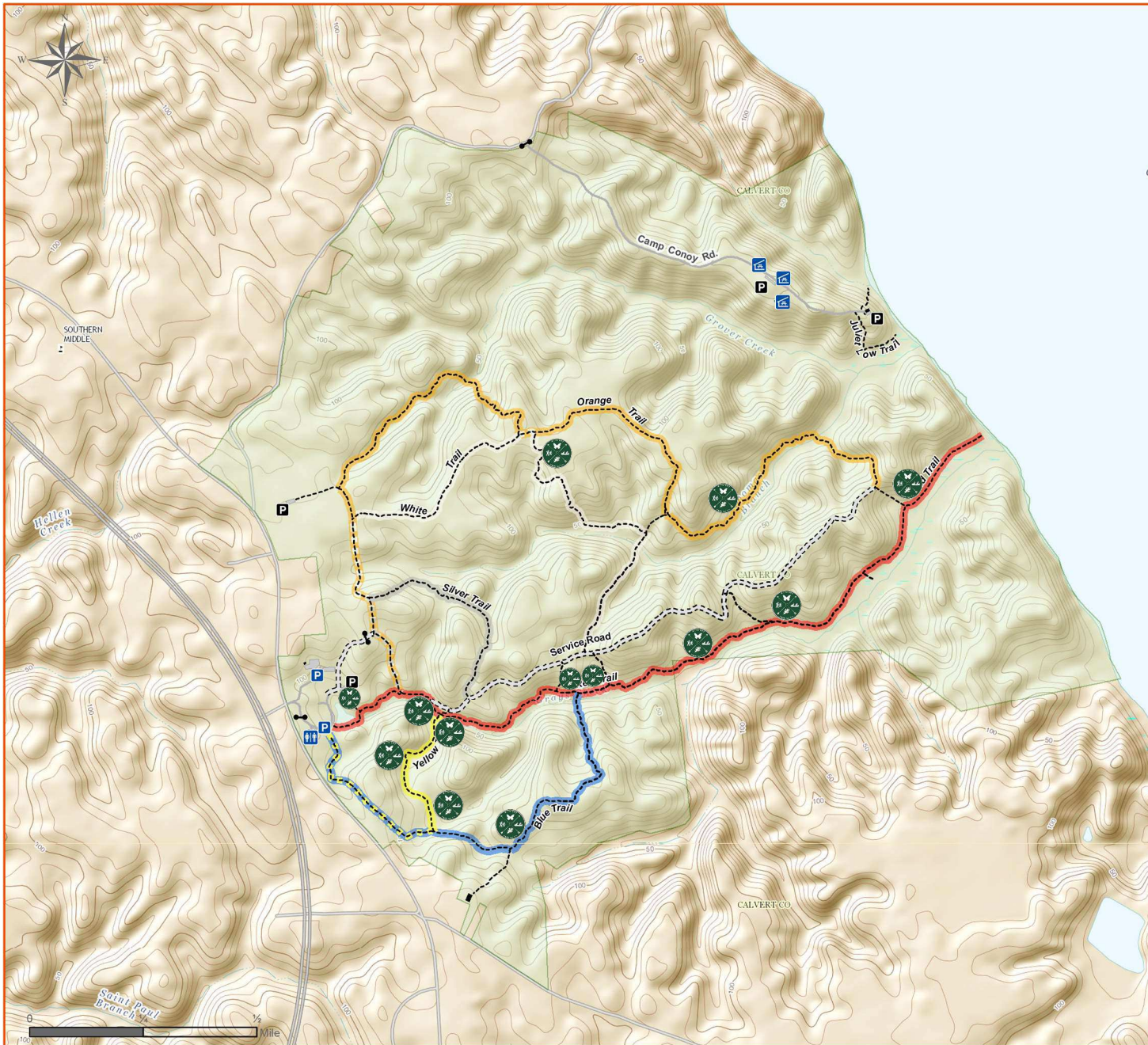
Use the map included with these instructions to find a bench along the trails that has been marked as a Nature Journaling Sit Spot. You will know you are in the right place when you see a sign like this on or near the bench:



You are welcome to find another sit spot as well, however we ask that you stay on the blazed trails. Please keep social distancing in mind when choosing your sit spot, and respect other visitors' use of benches. When you've found a site you like, sit quietly for at least five minutes to observe nature. Take time to notice your surroundings using all of your senses and think about how it makes you feel in the moment. For inspiration, you can view the plants and trees, listen to the wildlife, smell the air, or

imagine what the area would have been like underwater ten million years ago during the Miocene epoch. Once you are ready, journal your experience. It can be a story, poem, sketch, painting, or anything about what you observed or how you felt at your sit spot. It can be broad and capture your entire experience, or it can be narrow and focus on just one small detail.

Enjoy your time at the park hiking the trails, learning about fossils on the beach, and being in nature. Visit as many Nature Journaling Sit Spots as you would like during your stay and make a journal entry for each one. When you have all of your journal entries, celebrate because you have just completed a Park Quest. Feel free to share your journal entries online, using #parkquest2020. If you have any questions, contact Calvert Cliffs State Park at 443-975-4360.



Chesapeake Bay

Nature Journaling Sit Spot

CALVERT CLIFFS

Calvert Cliffs State Park

- Parking
- Shelter
- Restroom
- Gate
- Accessible Features
- Trail (color indicates Blaze)
- Park Boundary (Approx.)
- Wildland Boundary (Approx.)
- Service Road
- 10' Contour Interval (from USGS)

Last Updated Dec 2019
 Calvert Cliffs State Park website:
dnr.maryland.gov/publiclands/Pages/southern/calvertcliffs.aspx