

Nature Journaling at Newport State Park: Groundpine

1. Make sure all participants have a non-lined pad of paper and multiple pencils. Extra sharpeners are needed when out on the trails.
2. After introductions, begin by drawing what you see when you get to where you intend to explore/start. Some people find it easier to identify something from each of the 5 senses.
 - Close your eyes, what do you HEAR?
 - What do you SEE around you? What do the clouds look like?
 - What do you SMELL?
 - Stick your tongue out...can you TASTE the air?
 - Where are you? Are you sitting? Standing? Reach down and TOUCH the ground. What does it feel like?
3. Now put the date, time, temperature, and physical location (address if known) of your location.
4. Meet at Lot 3. Discuss what poison ivy looks like.
5. Have participants draw what they think ground pine might look like. Create it on one half of the paper as if a before and after drawing will be drawn.
6. Discussion of Ferns might want to be had to give a perspective of when ground pine existed. Walking on the Fern Trail to set the stage for ground pine might be a good idea.
7. If following the Fern Trail it will be on the right, if you travel from Lot 3 towards the water and take the trail to the left, a display board will be on your left. The display explains ground pine, but note the the ground pine is further up on left side.
8. Understanding that ground pine or club moss have scaly trunks/branches. Ground pine used to be very tall (about

130 feet tall with diameters of 6 feet) but having survived from 440 million years ago, they are now found very small in size. They survived mass extinctions and present from the shallow seas of the Paleozoic Era through the dinosaurs of the Triassic and Jurassic Periods and through the Ice Ages and even to the rise of man. Today ground pine/club mosses are only a few inches tall and resemble miniature pine trees.

9. When the ground pine is found, have participants finish the before and after drawing as to what they really look like.
10. Possible excerpts from *Gulliver's Travels* might want to be passed out and read at the ground pine. What are the similarities?