



### **Lesson for Podcast 00: Get Started with Zilker Trek**

**Lesson Summary:** View the introductory podcasts and learn how to set up your journal.

**Lesson Description:** Get started on the Zilker Trek by listening to the introductory podcasts. You can do this at home or at your first stop on the Zilker Trek. Open the field guide to two facing pages. On one page write the word “words,” and on the other write the word “shapes.” As you go along on the various stop on the trek, you will write down any words or draw any shapes that come to your mind. This may help to stimulate ideas for the final sculpture activity.

#### **Materials Needed:**

I-pod, loaded with Zilker Trek and headphones  
Journal  
Colored Pencils  
Zilker Map

#### **Activity Discussion:**

What does it mean to see? You can look, but to really see, it is good to look and then process what you have looked at and then think about it, write it down, discuss it with others and then even create original art or poetry inspired by what you have seen. Zilker Trek is an observational scavenger hunt. Unlike a traditional scavenger hunt, you may not always be collecting physical objects. This is more about scavenging for ideas and inspiration. Once you develop these skills, you can use them in other parts of your life.

#### **Additional Resources:**

Web:

Nature Walks. This site describes the benefits of nature walks and how to develop your observational skills

[http://www.tpwd.state.tx.us/publications/nonpwdpubs/young\\_naturalist/discovering\\_nature/nature\\_walk/](http://www.tpwd.state.tx.us/publications/nonpwdpubs/young_naturalist/discovering_nature/nature_walk/)

Nature Journaling: This website describes how to create a nature journal and describes why such a journal is beneficial to learning.

<http://www.newhorizons.org/strategies/environmental/matsumoto.htm>

#### **Notes:**

Don't forget to upload your images and scans of your journal pages to our on-line gallery.

<http://www.zilkertrek.org>