

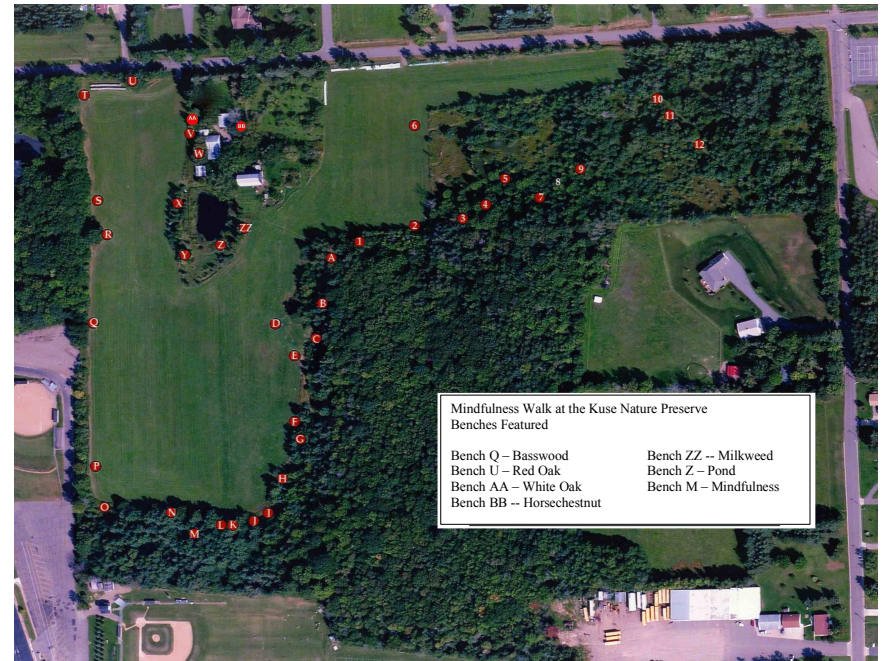


WELCOME!

I am A-BE ACORN

I'd like to be your guide for a walk on the trails of the Kuse Farm Museum and Nature Preserve. There you can try out ideas you may have read about or seen.

Those ideas can help with stress reduction, mindfulness in nature, and fun or learning about many topics in nature or the arts. Then you can use the same ideas in your own backyard or neighborhood.



The trail winds through 35 acres of Northern Wisconsin fields and forests on land that was homesteaded in 1874 and has been in the Kuse family since 1881.

TWO WAYS TO USE THE TRAIL

I. There are seven special stations or benches where you can practice Mindfulness, Silent Meditation or Forest Bathing.

On a trail map, they are labeled:

Bench Q - Basswood

Bench U - Red Oak

Bench AA - White Oak

Bench BB - Horsechestnut

Bench ZZ - Milkweed

Bench Z - Pond

Bench M – Mindfulness

A Little Library box at each station will give you more information.

You can just sit and be.

You can breathe deeply.

You can stop multitasking – Forget your “Do Lists.”

You can let your feet wander.

You can use your senses one at a time.

Look – Observe -- Listen

Touch & feel

Taste, but only if you are SURE that something is safe to eat.

You can do something special at each station.

If you use any devices to identify or locate sites, be sure to turn them off before doing any mindfulness activities.

II There are forty benches along the trail that have QR codes near them. You can point a smartphone with a QR code reader at the code and reach a website that will give you information about what grows there, may live there, or may have happened there. You can also look up that same information on the web under “Benches” or “Resources.”

WEBSITE

<http://www.kusemuseum-naturepreserve.org>

An alternate way (not listed in this booklet) to use nature is to wear many “caps” as you walk a trail and see the area from different points of view. For example, you could be a good guest, friend, artist, historian, archeologist, musician, meteorologist, ornithologist, botanist, or writer. Each cap will help you think of questions and see different things throughout the seasons.