

# Create Your Own Land Connection and Blessing Experience for Children

It's never too early for children to develop a connection with the land. The Land Connection and Blessing experience is a perfect way to introduce your child to nature, or reinforce their interest and curiosity about being in nature.

We have a few insights and suggestions for you to make this experience as appropriate, enjoyable, and beneficial as possible for your children, regardless of their age.

- 1. Involve your children in the process** of creating your Land Connection and Blessing. As we have said, there is no wrong way to do this. If it is appropriate for you to follow the format of the Earthroots Land Connection (as seen in the video), ask your child what animals live in your area that would be good to involve in your story? If you have options as to where you hold your land blessing, ask them where would be a good place. Do you want to go to a park, a beach, your back yard, or someplace else? Do you want to feel the warmth of the sun or the cool of the shade? Do you want to lay on the ground or take your shoes off and put your feet on the ground? Would you prefer to put your hands in a pot of soil?
- 2. Give them input** into who will attend your Land Connection. Decide together who you want to share this experience with.
- 3.** If you are using **the link** to find out about the Indigenous peoples in your area, **get your child involved in uncovering the story of your land and its people**, and determining how to best create your Land Connection based on what you learn. If you use stories as in the **Earthroots Land Blessing**, have them involved in creating the story.

## Watch a land blessing



<https://www.youtube.com/watch?v=3cFbYLI5YHo>

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4. Follow the Land Connection by asking them to **draw pictures to document the experience**. Maybe make a video to share with family, friends, and community. Have them help you submit your Land Connection information on the Earthroots digital map.
5. If sitting for any period of time is challenging, practice a week or so before your Land Connection at your chosen location. **Have them get used to the sounds, sights, and smells of that location and the feelings** they have when there. If they decide that isn't a good spot, pick another.
6. At the end of your Land Blessing **have them share their experience**, likes and dislikes. Ask them questions and possibly talk about what you would do differently next time. This could become a yearly event!

**It's the right thing to do, and there is no wrong way to do it.**

## Benefits of a Land Blessing for Your Child

- Sitting still for five minutes or more will allow your child's mind to slow down and pay attention to the rhythms and patterns of the natural world.
- Your child will begin to use all their senses in possibly new and deeper ways than they have before.
- Whether they are listening to a story unfold or the sounds of music or storytelling, they are developing their listening skills.
- The entire process from creation to implementation of your Land Connection, your child will be using their imagination and creativity. Let them run wild as they come up with ideas during the process.
- If your Land Blessing includes stories of the people who lived on your land before, your child's eyes will be opened as they are introduced to new traditions and culture.
- By allowing your child to have this unique experience, and then express their experience, you will be enhancing their communication skills.
- Your Land Blessing experience is a wonderful opportunity to share gratitude about the wonders of nature!

Your Land Connection and Blessing experience can be transformative for the whole family – regardless of their age! **Enjoy!**

## Connecting To Classroom Learning

**Storytelling is thought to be the oldest form of teaching!** By creating a Land Connection for your classroom or school you will be creating a participatory and immersive experience for your students.



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**Creation stories** in particular bring to life the history, cultures and beliefs, and the environment in which you live or have come from. They also provide important information about people and animals and are passed from generation to generation through storytelling.

Your Land Connection is **an opportunity to connect language arts, science, history, animal studies, social studies**, and so much more with the land under your feet.

**Still have questions?** First, watch the **Earthroots Land Connection and Blessing** video. Then read **Create Your Own Land Connection and Blessing**. Begin to create your own Land Connection using the information on these pages. Have more questions? Contact us at [sharedvision@earthrootsfieldschool.org](mailto:sharedvision@earthrootsfieldschool.org).

Visit [earthrootsfieldschool.org/land-blessing/](https://earthrootsfieldschool.org/land-blessing/) for more information and inspiration.