



Therapeutic Horticulture Activity Weathergrams

Source: NC Botanical Garden/Internet/
<https://poetry.arizona.edu/blog/make-your-own-weathergrams>

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Overview: Traditionally, Weathergrams are condensed poems of 10 words or less, written in calligraphy on strips of paper meant to be hung outside where the sun, wind, and rain will shape them further. The handwriting style and number of words can be adjusted to what is suitable for the participants.

Precautions:

1. This is a quiet activity, both during nature observation and writing of poems.

Completion Time: 45 - 60 minutes

Materials: (10 participants)

1. Weathergram worksheet for nature observation and creation of a poem; link below (10)
2. Examples of weathergram poems; link below (1-2)
3. Pencil (10)
4. Clipboard or hard surface to write on (10)
5. Strips of paper (lunch bags, paper grocery bags, any type) approximately 10"x 2" with hole punched in the top (10+)

6. String in 12" pieces (10+)
7. Markers (1+ set)

Pre-Session Prep:

1. Print off worksheets.
2. Print off examples of poems.
3. Gather supplies.
4. Put worksheets onto clipboards and attach a pencil if possible.
5. Cut strips of paper, fold one end over itself approximately 2" and punch a hole in that folded area.
6. Attach string to paper, or do that with participants if paper without string will be easier for writing on.
7. Identify location to do nature observation (garden, woods, etc).
8. Identify tree or outside structure to tie finished weathergrams to.

Step-By-Step Process/Instructions:

1. Introduce the activity.
2. Show example of worksheet and finished weathergram.
3. Talk about mindfulness and observing nature without distraction.
4. Take participants to the area for nature observation.
5. Pass out clipboards, worksheets, and pencils.
6. If possible, allow participants to walk on their own instead of in a group; if going to walk on their own set a time and location to meet back up.
7. Gather together after nature observation time and encourage participants to work on creating their poem; if they are having trouble offer the list of examples making sure they understand there is not right or wrong creation, just what speaks to their observations.
8. Have a location/table for participants to gather as poems are finished, set out markers and encourage participants to be creative in their handwriting or decorations if they would like.
9. Pass out string to people as they finish and instruct on threading through the hole in the paper strip.
10. If the location to hang weathergrams is close by, encourage people to go over and tie theirs to the structure or tree as others finish; if location is not close enough then go

as a group to structure to tie once everybody is done.

Tips:

1. Use sturdy cardboard with a binder clip to hold worksheet and allow for easier writing; clip pencil to top.
2. Time for nature observation can be varied but 20 minutes at minimum should be allowed.
3. Use stamps and other art supplies to embellish strips.
4. Have a future session after a season has passed of returning to the weathergrams and seeing if they have changed.

☰ What are Weathergrams. Final

☰ Weathergram Worksheet. Final

☰ Examples of Weathergram Poems. Final

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