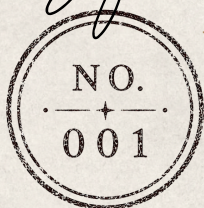
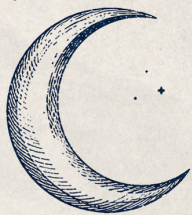


MOSS & MOON FIELD STUDY



Kingfisher



LESSON:
IDENTITY

WONDER · ATTENTION · BECOMING

IN THIS FIELD STUDY



POET'S WORKSHOP

Listening to language



WONDER

Opening to awe



ATTENTION

Noticing the small

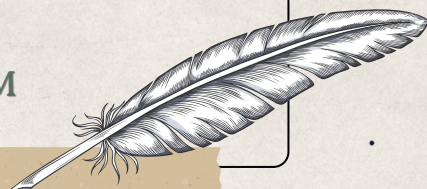


BECOMING

Honoring your inner world

FIELD NOTES

SKETCH & DREAM



*Wonder follows
attention.*

FIELD STUDY NO. 001

This is your field journal.

Use it to observe
reflect, wonder,
and become.



THIS JOURNAL
BELONGS TO:

Kingfisher

Kingdom: Animalia

Phylum: Chordata

Class: Aves

Order: Coraciiformes

Family: Alcedinidae

Notice.
Be Curious.
Keep Looking.



Gerard Manley Hopkins rarely began with an abstract idea first.

He did not sit down and think:

"Today I will write a poem about identity."

Instead, he paid attention to sound and words, or a kingfisher in the sun.

And by following those observations, he connected them to something he found that was larger.

This exercise invites you to do the same.

Begin with something real and trust that you will find your own meaning.

SOUND HUNT

Choose a sound you enjoy saying and write as many words as you can think of starting with that sound. ex: fl. cr. gl. wh. st. br.

sound:



sound:



sound:



sound:



POET'S WORKSHOP

BUILD A CONNECTED CHAIN

*Start with some of your favorite words from SOUND HUNT and
let one lead to other connected words.*

Example:

glimmer → glass → glow → gold → galaxy

A vertical strip of paper with five horizontal white bands. Each band has a hand-drawn arrow pointing down to the next band, indicating a sequence or flow.

A vertical strip of paper with five horizontal white bands. Each band has a hand-drawn arrow pointing down to the next band, indicating a sequence or flow.

COLLECT WORDS THAT MATCH EACH CATEGORY

WORDS THAT CRACKLE

Sharp, quick, bright

WORDS THAT RIPPLE

Soft, flowing, moving

WORDS THAT RING

Clear, bell-like, echoing

WORDS THAT GLIDE

Smooth, slow, drifting

POET'S WORKSHOP

CHOOSING A SUBJECT

Or maybe let the subject choose you.

STEP ONE: CHECK IN

Circle any feelings that have been visiting you lately

COURAGE CONFUSION
UNCERTAINTY CURIOSITY
WONDER GRIEF
LONGING JOY HOPE
RESTLESSNESS CHANGE
LONELINESS

STEP TWO: FOLLOW THE FEELING

If that feeling were something in nature, what would it be?

Take a few emotions and explore them.

Examples:

Wonder → stars

Restlessness → wind

Courage → a river

Belonging → a bird's nest

	→	
	→	
	→	
	→	

STEP THREE: CHOOSE YOUR SUBJECT

			EMOTION			
			SYMBOL			

Now write, what about this thing brought it to your mind in connection to this emotion? Is it the color? The movement? The sound? The season? The memory attached to it?

Write without overthinking:

Now write, if your subject could give you one piece of advice, what would it say?

POET'S WORKSHOP

STEP FOUR: GATHER A COLLECTION

COLORS

*What colors do you
connect with it?*

SOUNDS

*What sounds do you
connect with it?*

MOVEMENTS

*What movements do you
think of?*

FEELINGS

What emotions does it stir?

WORDS

*What words connect to
your subject?*

CONNECT

*What unexpected
connections does it
remind you of?*

THE SHAPE OF A POEM

Every poem begins somewhere.

You now have a collection of observations, sounds, words, feelings, and connections.

The next step is simple:

Start with what is physically true.

Hopkins often began with something he could see or hear.

These are observations. From there, he began adding comparisons, connections, and meaning.

Try this pattern:

1. Start with the thing itself. What does it do? What does it sound like? What does it look like?

Example: The river bends around the stones.

2. Add a comparison. What does it remind you of?

Example: The river bends around the stones like a traveler avoiding an argument.

3. Follow the meaning. What larger idea does that suggest?

Example: The river bends around the stones like a traveler avoiding an argument, finding a way forward without breaking itself.

Simply keep following the thread.

Observation → Comparison → Meaning

WHAT I NOTICE:

IT REMINDS ME OF:

WHICH MAKES ME THINK ABOUT:

POET'S WORKSHOP

WRITE YOUR OWN
HOPKINS POEM



SIT SPOT OBSERVATION

*Find a place. Put away your screens. Be
still for ten minutes.*



WHAT I SAW

Colors, shapes, movement



WHAT I HEARD

Sounds near, sounds far



WHAT I SMELLED

Scents in the air



WHAT I FELT

Wind, temperature, emotions



WHAT SURPRISED ME

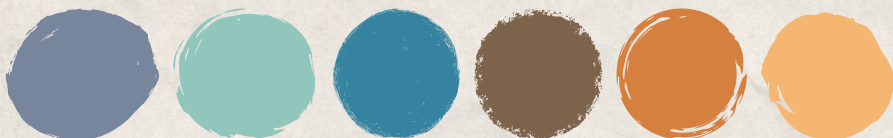
What was unexpected

WONDER

Opening to awe

COLOR COLLECTOR

*Find and record these kingfisher colors
when you see them in nature*



What's your favorite color of these? Mark it!

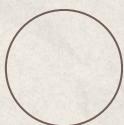
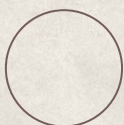
Draw your favorite source of color that you saw



the world is full of magic

COLOR COLLECTOR

Collect the colors you see today

"WOAH" LIST

List the things that made you say "woah"

WORDS I WANT TO REMEMBER

Draw or describe one small thing that you noticed up close. Beautiful words, phrases, or thoughts from today



small things carry deep magic

SPEND A DAY IN WONDER

A MOMENT

Today, something made me pause and feel the magic of being alive.

What was it?

WHERE I FOUND WONDER

Location:

Time of day:



Weather:



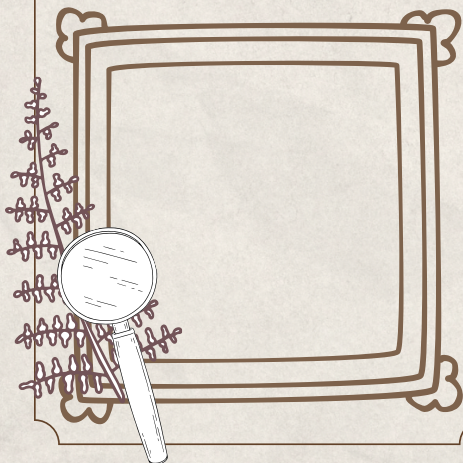
I was:

☐ alone

☐ with:

A TINY DETAIL

Draw or describe one small thing that you noticed up close.

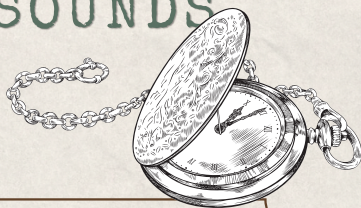


A PROMISE

I will keep looking for wonder by...

LISTENING FOR SOUNDS

Get outside, get still.



SOUND DETAILS

SOUND: _____

☐ LOUD ☐ SOFT

HOW DID IT MAKE YOU FEEL?

SOUND: _____

☐ LOUD ☐ SOFT

HOW DID IT MAKE YOU FEEL?

SOUND: _____

☐ LOUD ☐ SOFT

HOW DID IT MAKE YOU FEEL?

REFLECTION

What did you notice about the world when you listened for longer?

What did you notice about yourself?

ATTENTION

Noticing the small



LISTENING FOR SOUNDS

Get outside, get still.

DATE: _____

TIME: _____

WEATHER: _____

LOCATION: _____

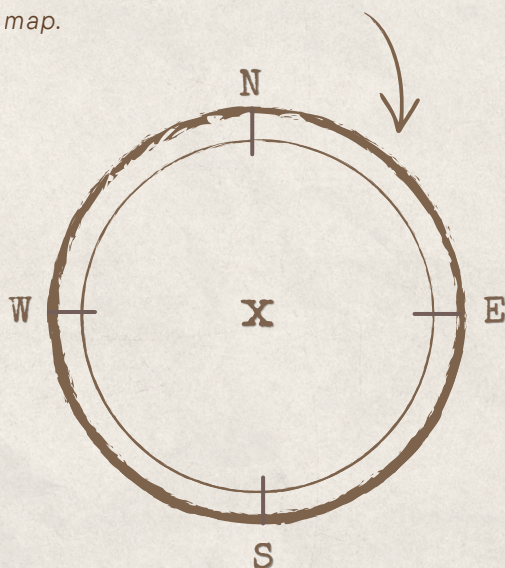
TYPES OF SOUNDS

Check and list what you found

- ☐ Birds
- ☐ Insects
- ☐ Wind
- ☐ Water
- ☐ Leaves / Trees
- ☐ People
- ☐ Distant Sounds
- ☐ Wildlife / Animals
- ☐ Machines / City
- ☐ _____
- ☐ _____
- ☐ _____

SOUND MAP

*Where are the sounds coming from?
Draw or mark the directions on the map.*



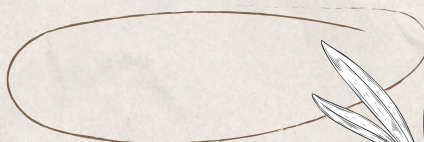
WORD CONSTELLATIONS

Begin with one word and see where it leads you. Let the meaning and sound connect the dots.

MY STARTING WORD



That reminds
me of...



That reminds
me of...



That reminds
me of...



That reminds
me of...



Patterns I notice:

ATTENTION

Noticing the small



LOOKING TWICE

Pick a view, object, artwork, or something you love. Observe it first for one minute, then two minutes, then five minutes.

ONE MINUTE

What did you notice?

TWO MINUTES

What did you notice that you didn't notice before?

FIVE MINUTES

What details emerged as you looked longer?

What
changes
when we
slow down?

LOOKING FOR LIGHT

Turning towards gratitude helps us see the light. Practice by thinking of moments that tend to go unnoticed.

SOMETHING
BEAUTIFUL:

SOMETHING KIND:

SOMETHING
ORDINARY:

SOMETHING
HOPEFUL:



BECOMING

Honoring your inner world



THE INNER LANDSCAPE EXPLORER

A kingfisher catches fire. What catches fire in you? When does the bell of "you being you" ring truest?

WHEN DO I FEEL ALIVE?

WHEN DO I FEEL CREATIVE?

WHEN DO I FEEL CURIOUS?

WHEN DO I FEEL PEACEFUL?



WHEN DO I FEEL MOST MYSELF?

THE LIGHT LOG

Moments of any and all kinds of light

TIME	WHAT HAPPENED?	WHAT KIND OF LIGHT
		☐ MORNING ☐ GOLDEN ☐ MOON ☐ DIFFUSED ☐ METAPHORICAL
		☐ MORNING ☐ GOLDEN ☐ MOON ☐ DIFFUSED ☐ METAPHORICAL
		☐ MORNING ☐ GOLDEN ☐ MOON ☐ DIFFUSED ☐ METAPHORICAL
		☐ MORNING ☐ GOLDEN ☐ MOON ☐ DIFFUSED ☐ METAPHORICAL
		☐ MORNING ☐ GOLDEN ☐ MOON ☐ DIFFUSED ☐ METAPHORICAL
		☐ MORNING ☐ GOLDEN ☐ MOON ☐ DIFFUSED ☐ METAPHORICAL
		☐ MORNING ☐ GOLDEN ☐ MOON ☐ DIFFUSED ☐ METAPHORICAL
		☐ MORNING ☐ GOLDEN ☐ MOON ☐ DIFFUSED ☐ METAPHORICAL
		☐ MORNING ☐ GOLDEN ☐ MOON ☐ DIFFUSED ☐ METAPHORICAL

BECOMING

Honoring your inner world

THE INNER LIGHT SPECIMEN STUDIES

SPECIMEN: _____

LOCATION: _____

☐ COURAGE ☐ HOPE
☐ GRACE ☐ CURIOSITY
☐ WONDER ☐ CREATIVITY

FIELD NOTES: _____

DATE: _____

SPECIMEN: _____

LOCATION: _____

☐ COURAGE ☐ HOPE
☐ GRACE ☐ CURIOSITY
☐ WONDER ☐ CREATIVITY

FIELD NOTES: _____

DATE: _____

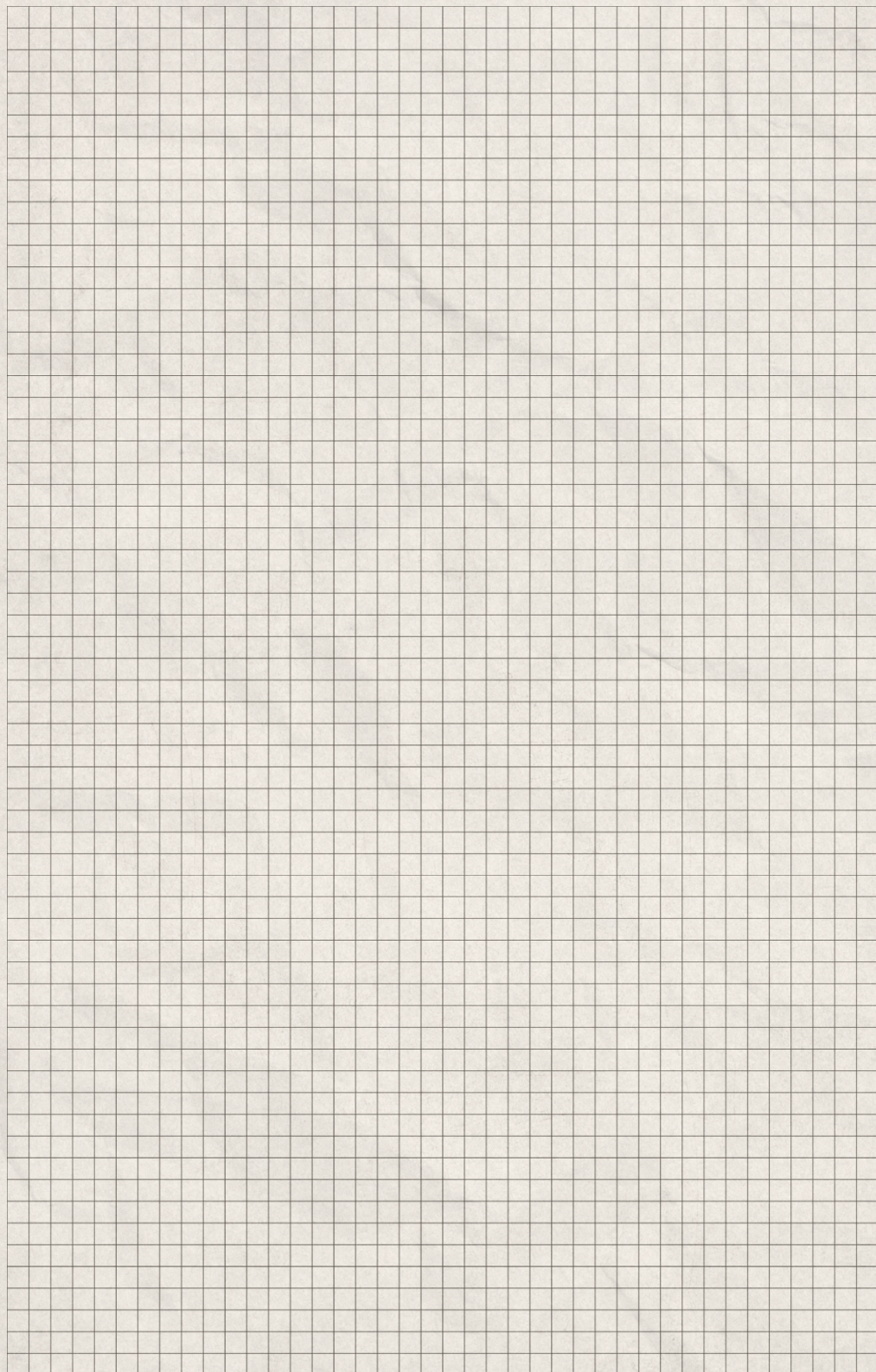
SPECIMEN: _____

LOCATION: _____

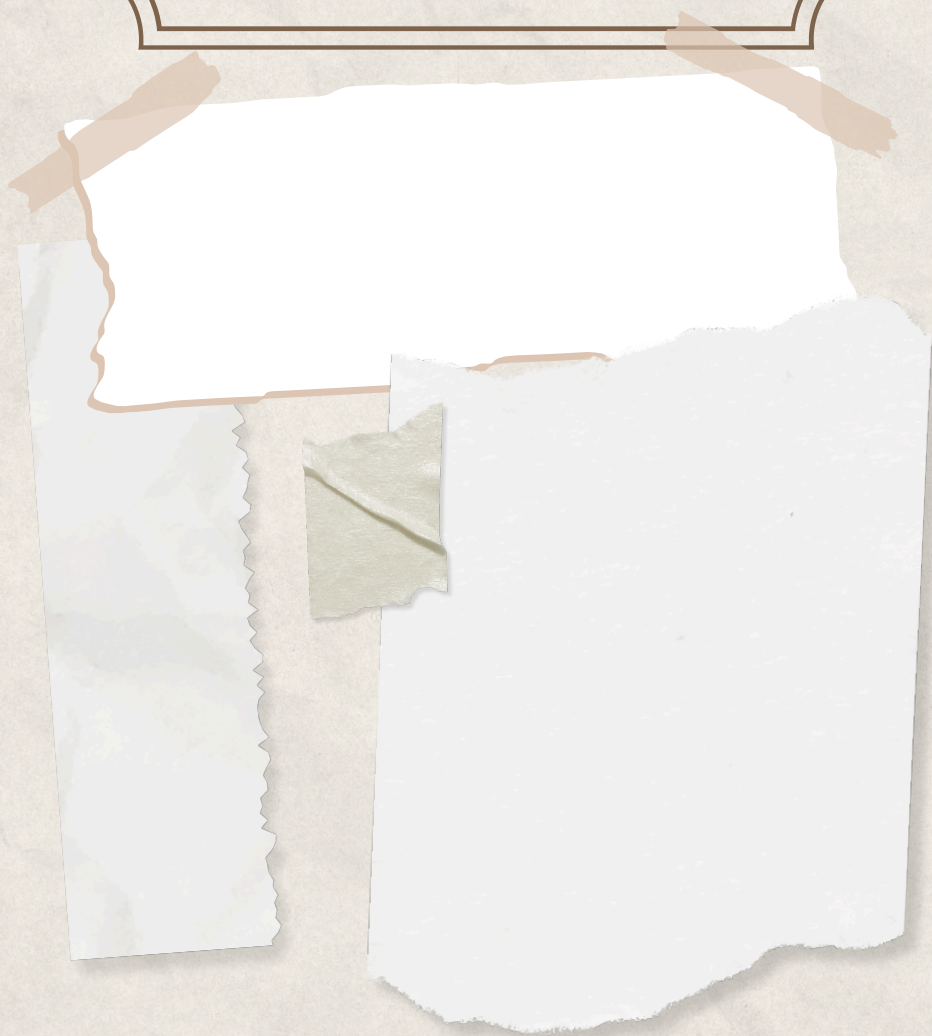
☐ COURAGE ☐ HOPE
☐ GRACE ☐ CURIOSITY
☐ WONDER ☐ CREATIVITY

FIELD NOTES: _____

DATE: _____



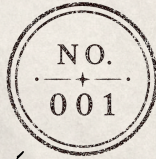
FIELD NOTES



SKETCH & DREAM



MOSS & MOON



Kingfisher

FIELD STUDY NO. 001

LESSON: IDENTITY



This certifies that

completed the study
and practiced the art of

WONDER · ATTENTION · BECOMING