

Take a study break and enjoy the Arboretum!



Photo courtesy of Cassie Herbst.

What is Ecotherapy?... Ecotherapy is exposure to nature as a means of improving physical and mental health. Studies have shown that exposure to nature helps relieve stress and attention fatigue. In addition, ecotherapy can improve mood, concentration, and self discipline. Why not take a break from studying and enjoy the benefits of ecotherapy in the Arboretum?! It's your backyard, so get out and play!

<http://www.thameschase.org.uk/Whatisecotherapy.pdf>

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Q: What do snowmen eat for lunch?

A: Icebergers!

Q: What do you get if you cross an apple with a Christmas tree?

A: A pineapple!

Dragonflies of Minnesota with Cassie Herbst- Tuesday Dec. 16

Did you know that dragonflies have been present on the Earth since the Jurassic period? Attend this exciting lecture to learn more about these magnificent creatures. Topics will include history, life cycle, range and distribution in Minnesota, identification techniques and more. The fun begins at **6pm** at the pendulum in the New Science Center.

The Papermaking Wasps of Saint John's with Jim Poff- Tuesday Jan. 20

There are several common species of papermaking wasps- including paper wasps, yellow jackets and hornets - that live in the vicinity of Saint John's. This talk will look at typical life cycles and the features of social organization that are found in these interesting animals. It will also look at how these wasps make paper and what they use to make it. The talk begins at **6pm** at the pendulum in the New Science Center.

Nature Journaling- Tuesdays Jan. 27, Feb. 3, 10, 17, 24

Want to improve your drawing and watercolor techniques that are useful in recording observations in a nature journal? Then join the Arboretum for a nature journaling course! One of the goals of this class is to make you a better observer of the natural world and to give you the opportunity to better journal in nature. This session takes place in Peter Engel 338 from **6:30-8:30pm**.

Moonlight Snowshoe- Monday Feb. 9

Enjoy the night sky with a full moon as we snowshoe in the Arboretum! Afterwards, warm up around a fire with a cup of hot cocoa. Bring your favorite mug! Snowshoes will be provided. Meet at the Abbey Bell Tower at **8:30pm**.

If you would like to be on the volunteer e-mail list for the Arboretum, please e-mail arboretum@csbsju.edu.

We'll be in touch...

Your friends at the Arboretum

It's your backyard, so get out and play!

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