

## Who might want to attend?

This unique nature immersive experience is for children and tweens who are interested in restorative agriculture and ways of reducing their impact on the environment. The group is designed for kids to connect socially with peers while interacting with animals and learning about biodynamic farming and nature.

Join us at Dream Catcher Meadows for this multisensory recreational experience. Learn about composting to make soil as a link between gut health, mental health, and immunity. Replace overwhelm with the gentle rhythms of the farm while grooming and feeding the animals. A parent or grandparent participating can improve bonding and a sense of togetherness. The screen-free experience with other children helps promote a sense of belonging and community. We all can benefit from learning more about nature and time with animals!

# DREAM CATCHER

## MEADOWS

*Operated by 7<sup>th</sup> Generation Foundation, Inc.*



BETHESDA FRIENDS MEETING  
FIRST DAY SCHOOL

## EARTHKEEPERS KINDER FARMING

SUNDAY, 29 OCTOBER 2023  
12640 ROLLING ROAD, POTOMAC, MD 20854

For more information, email:  
[7thGenerationFoundation@gmail.com](mailto:7thGenerationFoundation@gmail.com)

# "Earth Keepers:" A Nature-Immersive Experience

Date of Farm Visit: Sunday, 29 October 2023

Location: Dream Catcher Meadows, 12640 Rolling Road, Potomac, MD 20854

Each child up to age 14 will need a parent present; all participants need to have a signed liability waiver.



**Dream Catcher Meadows** is a 1953 farm in Potomac, MD rehabilitated into a sustainable green care farm animal sanctuary. 7th Generation Foundation, Inc., a nonprofit 501c3, operates Dream Catcher Meadows.

Susan Rich uses a biodynamic approach to farming – making soil through in-ground composting, using animal dung to improve the soil microbiome, and removing invasive species. She teaches concepts related to One Health – the inextricable link between human health and environmental health.

She and her children have rescued, raised and care for 15 goats, several chickens, 3 dogs, 4 cats two rescued ponies, an Irish draft horse, 2 emus (Bubbles & Big Bird) and an orphaned Kune Kune pig named Noah.



## Program Description

"EARTH KEEPERS" is a program for experiential learning in nature on a green care farm animal sanctuary, Dream Catcher Meadows. The farm is a wonderful place to learn about environmental sustainability and experience nature while interacting with gently raised farm animals.

We will begin in our barn "clubhouse" for an agriculture lesson on "in-ground composting" then explore the farm. We will discuss ways in which environmental sustainability is practiced on the farm (i.e., replacing invasive plants and trees with native ones; in-ground composting to make rich, nutrient dense soil; reducing & removing trash from home, school & community; and animal care). The children shape and develop the topics from week to week. We will forest bathe on a mindfulness log by a neighboring pond, walk through the pasture with the goats, &/or enjoy s'mores by an outdoor campfire.

We aim to teach how to live more gently on Mother Earth and inspire participants toward healthy social relationships. A nature immersive process will facilitate the connection between people and the natural world.

Participants (parents and kids) should bring weatherproof shoes, work gloves, hats, rain jackets, and wear long pants & layers to ensure your comfort during the time outside.

We do not inherit the Earth from our ancestors, we borrow her from our children. =  
Iroquois Proverb

# "EARTHKEEPERS:" A Nature-Immersive Experience for Kids and Tweens

Sunday, October 29, 2023 at the rise of Meeting for Worship

Location: Dream Catcher Meadows, 12640 Rolling Road, Potomac, MD 20854;

PLEASE FAX COMPLETED REGISTRATION TO: 301-251-9110 or Email this completed form to: 7thGenerationFoundation@gmail.com

## Registration Form:

Child Registrant Name (First and Last): \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ (limited to 8-12 year olds)

Parent Name (First and Last): \_\_\_\_\_ How did you hear about the Group? \_\_\_\_\_

Mailing Address (street number/name, city, zip code): \_\_\_\_\_

Phone Numbers: Cell: \_\_\_\_\_ Email: \_\_\_\_\_; Emergency Contact Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Will the parent be attending the event? Yes No (please circle one); If no, who will accompany the child (one adult per child)? \_\_\_\_\_ Cell: \_\_\_\_\_

Have you ever done mindfulness training, biofeedback, or participated in a farm group? Yes No (please circle one); Please describe: \_\_\_\_\_

What do you hope to gain from this group? \_\_\_\_\_

Would you be interested to learn more about other events at Dream Catcher Meadows? Yes No (Please "like" our page at [www.Facebook.com/TheDreamCatcherFarm](http://www.Facebook.com/TheDreamCatcherFarm) to follow our progress).

Are you interested in (CIRCLE ALL THAT APPLY): GARDENING BUILDING PROJECTS COMPOSTING JUST HANGING OUT MINDFULNESS SOCIAL GATHERING ONLY POTLUCK BRUNCH  
INTERACTING WITH THE ANIMALS EXPLORING THE FARM GETTING TO KNOW OTHER PEOPLE

Please share any allergies to animals, natural outdoor pollens, foods, dietary considerations: \_\_\_\_\_

**Disclosure Waiver:** Risks are inherent in farm-related activities such as walking through the pastures, woods, fields and being around farm animals. In the event that I am injured, my medical insurance will be responsible for my care. 7th Generation Foundation, Inc., Therapeutic & Learning Centers, P-LLC, Dr. Rich or volunteers will not incur any liability in the event of injury on the farm. **(A separate participant waiver will be sent once you have registered and paid for the course unless you have signed one already during other courses).**

\_\_\_\_\_  
Registrant (Parent) Signature and Date