

Appendix A

Be, Do, Become Process

Included here is an example of the Be, Do, Become process. Below are the words generated by teachers at Creative Spirit Learning Center in Fair Oaks, California, as they reflected on children in their outdoor environment.

BE

Angry
Artistic
Assertive
Bossy
Brave
Collaborative
Controlling
Curious
Dirty
Empathetic
Energetic
Excited
Failure
Fearless
Follower
Frustrated
Happy
Inquisitive
Leader
Loud
Messy
Powerful
Powerless
Proud
Quiet
Reflective
Sad
Scared
Successful

DO

Balance
Build
Bury
Capture
Carry
Catch bugs
Climb
Collaborate
Collect
Connect
Cover
Create
Cry
Dance
Design
Destroy
Dig
Draw
Drive
Dump
Fall
Fight
Fill
Find
Fly
Follow
Gallop
Garden
Harvest
Hide
Hose
Hunt for bugs
Investigate
Jump
Laugh

Lead

Line
Make
Mix
Observe
Paint
Plant
Pour
Pull
Push
Rake
Read
Relocate
Repel
Run
Seek
Sift
Sing
Sit
Skip
Slash
Slide
Sort
Spin
Splash
Spray
Squirt
Stack
Stir
Swing
Take care of
Talk
Throw
Topple
Transform
Yell

BECOME

Accepting
Activist
Advocate
Artistic
Capable
Challenger
Communicator
Compassionate
Confident
Connected
Coordinated
Creative
Critical thinker
Discerning
Empathetic
Environmentalism
Flexible
Happy
Independent
Individual
Knowledgeable
Outspoken
Persistent
Powerful
Problem solver
Protester
Researcher
Resilient
Scientist
Spiritual
Strong
Sure-footed
Team player
Well rounded