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Identify a native plant in your neighborhood

Learn about the 1980 eruption through [Volcano Yoga](#)

Take a 30 minute walk outside

[Virtually "summit" Mount St. Helens](#)

[Read poetry about Mount St. Helens](#) and write your own

Follow @mshinstitute


Write a haiku about Mount St. Helens

[Explore recent earthquakes](#) in the PNW

Identify a bird in your neighborhood using [Merlin's Free Birding App](#)

Find a lichen or moss, journal what you notice

Create your [Volcano Self Portrait](#)

Smell a flower



Go "camping" in your living room

Look at [USGS Hazard Maps](#) to determine if you live in a volcanic hazard zone

Listen to author Terry Jennings read "[Gopher to the Rescue! A Volcano Recovery Story](#)"

Take a virtual tour of [Volcano! at the Portland Art Museum](#)

Build a mini volcano out of natural objects found outside

Put on real pants

Find an animal sign in your neighborhood

Find a native tree species in your neighborhood

Take a look at [this fact sheet](#). How tall was Mount St. Helens before 1980?

Locate a bird's nest

Take a photo portrait of something that shows "resilience"

Listen to the [Mount St. Helens Symphony](#)