



Five ways to make a strong connection with nature



Contact



Emotion



Beauty



Meaning



Compassion

Humans are part of the natural world and connecting with it matters - for our own wellbeing, our understanding and to inspire us to protect nature. There are **five key ways** to improve our relationship with nature:



Contact

Learn... _____

Use the senses to fully engage with nature.

Do... _____

- Listen to birdsong.
- Smell wild flowers.
- Watch the breeze in the trees.
- Walk barefoot outside.
- Taste blackberries from hedgerows.



Emotion

Learn... _____

Engage emotionally with nature.

Do... _____

- Find joy in wildlife at play.
- Wonder at a spiders' web.
- Find calm whilst near water.



Beauty

Learn... _____

Use the natural world as inspiration for something creative.

Do... _____

- Create some wild art.
- Paint an insect's amazing colours.
- Take a photo of a flower.
- Visit an amazing view.



Meaning

Learn... _____

Notice how nature appears in songs and stories, poems and art, and celebrate the mystery, signs and cycles of nature.

Do... _____

- Create a story about a tree.
- Map the journey of a bee.
- Read folk-tales about nature.
- Celebrate the longest day, the first swallow or the falling leaves.



Compassion

Learn... _____

Help to take care of nature through action.

Do... _____

- Feed the birds.
- Plant some wildflowers.
- Take part in a beach clean.
- Dig a pond.
- Put up a nest box.

