

Mapping my connection to nature

What you need to take part:

30-60 minutes
One worksheet or
Scrap paper
Coloured pens or pencils

How to take part:

Start by reading through the 5 pathways to nature connection.

5 minute reflection: think back, what memories do you have in nature that connect to these 5 pathways?

Fill in the template worksheet, mapping out your own connection to nature, using the example as a guide. Your memories can be big or small moments and experiences.

The 5 pathways to nature connection

Senses - Exploring and experiencing nature through all of the sense.

Beauty - Seeking and appreciating the beauty of the natural world.

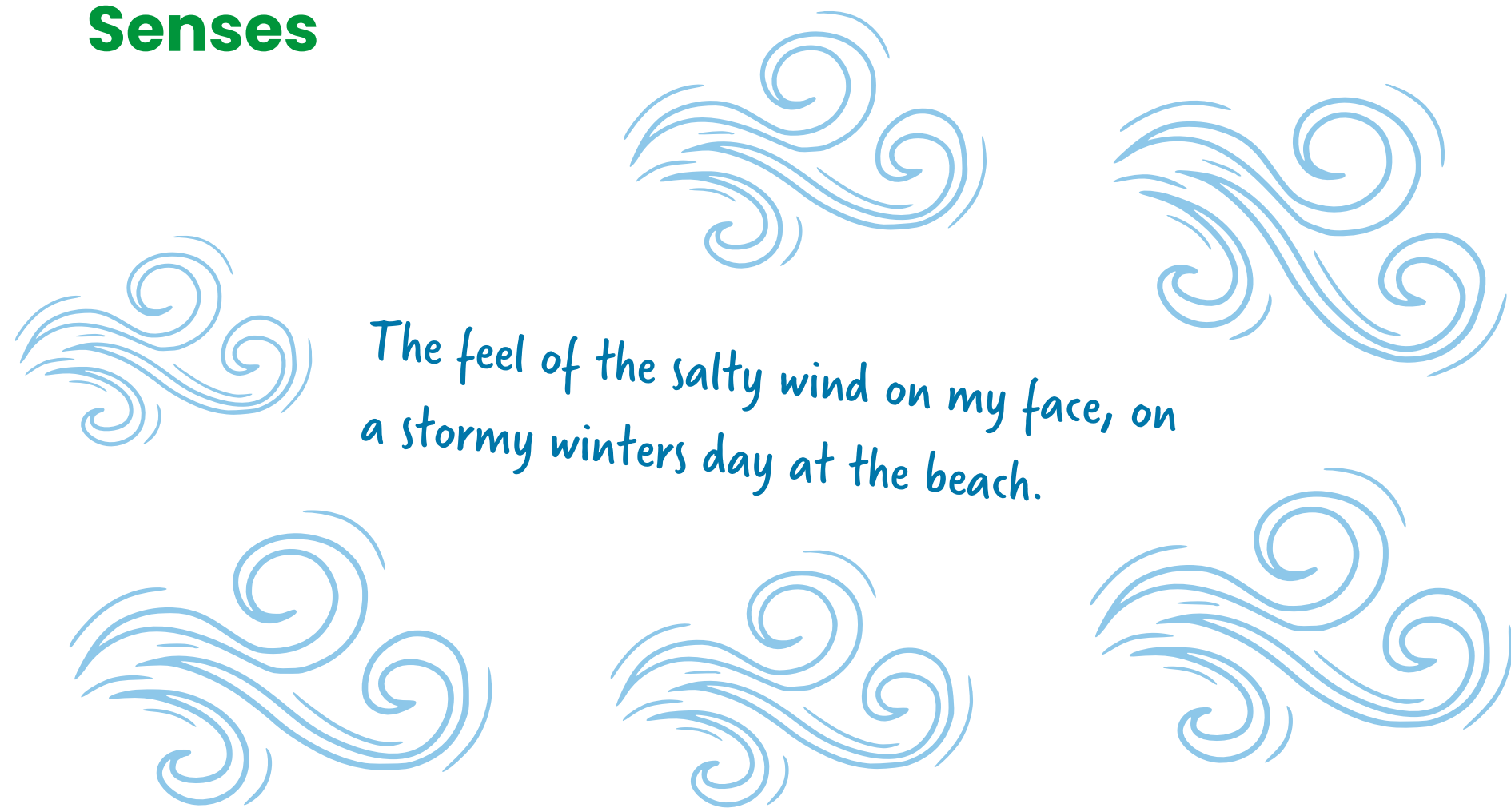
Emotion - Noticing and welcoming the feelings nature inspires.

Meaning - Celebrating and sharing nature's events and stories.

Compassion - Helping and caring for nature.

Mapping my connection to nature: Example

Senses



The feel of the salty wind on my face, on a stormy winters day at the beach.

Beauty



Watching bumblebees visit the English Lavender in my garden, happily buzzing away in the sunshine.



Emotion

A feeling of joy when the seeds I planted finally spring up and produce vegetables, no matter how big or small.



Meaning

As the daffodils pop up across Wales, in gardens, on the side of roads, all around our cities, it signals the changing of seasons, summer is on it's way to my home.



Compassion

Joining in local beach cleans makes me feel like I am taking care of a place I love, keeping it clean for both myself and the wildlife that calls it home.



Mapping my connection to nature

Senses

Beauty

Emotion

Meaning

Compassion