



Cheshire
Wildlife Trust



Adventure awaits

A journal for you to explore the 5
Pathways to Nature Connection





Welcome


We are so glad you have joined us for an exploration into the 5 Pathways to Nature Connection! By opening this journal, you have opened up a whole world of wellbeing and we invite you to take some quiet time just for you and let yourself be immersed in the wonder of nature.

The recommended 5 Ways to Wellbeing are becoming quite well known now, but we believe by adding a wild twist and encouraging a connection to nature at every step, the benefits to people can be even greater, and nature gets an added boost too! We will be exploring each of the 5 Pathways to Nature Connection throughout this booklet.

You may like to work through the whole booklet in order, or dip in and out to suit you. Follow your instincts, let your mind wander and use this booklet to inspire and journal your very own Nature Connection journey.



Choose your starting point:

- 03  What are the 5 Pathways to Nature Connection?
- 04  Contact
- 06  Beauty
- 08  Meaning
- 10  Emotion
- 12  Compassion
- 14  Build a #WilderCheshire

Anne's nature connection

In my garden, I've let all the flowers that the bees like grow in the lawn. I've got twigs for creatures to live in under my tree and I've put a little bench out the front because we don't get any sun in the back. There are clover and daisies here too. The bench is for me to sit out and get a little bit of nature because it does make me feel better when I'm out here. ”

Anne, April 2022



Did you know?

Plants and trees emit organic compounds called phytoncides to protect themselves from pests and germs. When we spend time in nature we breathe in these beneficial phytoncides which helps to support our own immune system, improves our sleep and even gives our mood a boost! Scientific evidence that fresh air is good for you!





What are the 5 pathways to wellbeing?

It is so important to look after ourselves and take care of our physical and mental wellbeing. We know that by doing little things that we enjoy each day we can be more resilient to life's ups and downs. By connecting to nature, you can add meaning to your life, be more mindful, experience the wow factor, develop compassion and build an emotional connection. Nature is fantastic at improving our wellbeing too, but the natural environment won't be there for us if we don't also help and take care of it. By connecting to nature using the 5 pathways we are more likely to value nature and take care of it and feel better too! Discover some wonderful ways to take care of our brilliant wildlife at the same time as taking care of ourselves.



CONTACT Explore, take a closer look and get in touch with the natural world. Use all your senses to experience nature.



BEAUTY Take time to appreciate the beauty of the world around you, experience the wow factor of nature.



MEANING Consider what nature means to you. Think about the meaning and signs of nature, the season changes and the life cycles of animals.



EMOTION Discover happiness and wonder. Find an emotional bond with, and love for, nature.



COMPASSION Think about what you could do for nature and how you can have a positive impact. Extending yourself to include nature.





CONTACT

Contact is all about really slowing down, being mindful and aware of what is around us. It's about experiencing nature.

Whether it is looking at photos of nature, touching a plant or listening to the sounds of the outdoors, have some contact with nature. Taking a moment with nature to breathe and notice the world around us gives us a valuable break. It helps us to take a step back and to see things more clearly. If you find it difficult to sit and quieten your thoughts, it can help to have something to focus on. Watching creepy crawlies discover their new bug hotel can be very calming and they can be made to fit in to the smallest of spaces.



Take part...



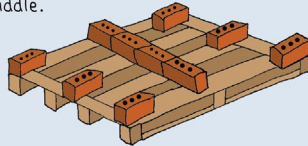
BUILD A BUG HOTEL

You will need:

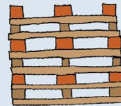
- Wooden pallets x4
- Bricks
- Plastic bottles*
- Bamboo canes
- Straw
- Leaves
- Tiles
- Cardboard
- Stones/pebbles
- Twigs/loose bark

*Use old plastic bottles for this, and always recycle after use.

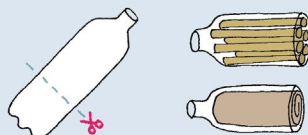
1 Place a wooden pallet in your chosen location. On top of the pallet, line bricks around the corners and across the middle.



2 Place your next pallet on top of this and repeat the process for all of your pallets.



3 Cut off the top two-thirds of your bottles. Fill up half of them with bamboo canes/plastic straws and the other half with rolled up cardboard. Place these inside the hotel.



4 Fill in the remaining spaces with bricks, leaves, pebbles, stones, tiles, loose bark and straw.



5 Add in any extra materials that you want to recycle e.g. old pipes, carpeting, toilet tubes, old plant pots. Be creative - add a welcome sign or give your hotel a name!






BEAUTY



The natural world is a fascinating and awe-inspiring place. It is complex, yet simple and everything has its differences. Beauty can be found everywhere when you take the time to look.

Experiencing that wow factor can make you feel great. It releases feel-good endorphins. Feelings like each other. The more positive experiences you have the more you experience. Take in a breath-taking sunset, a view that you can't take your eyes off, something smaller like the delicate patterns in a plant, or the insects in your garden.

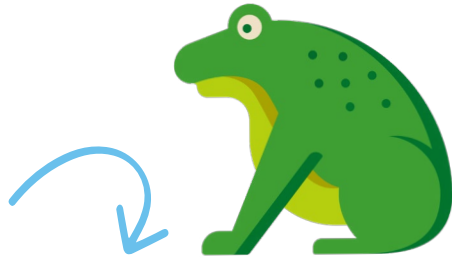
Describe or draw something you find beautiful



Why did you choose what you chose?
How does it make you feel? Or what does it make you think?

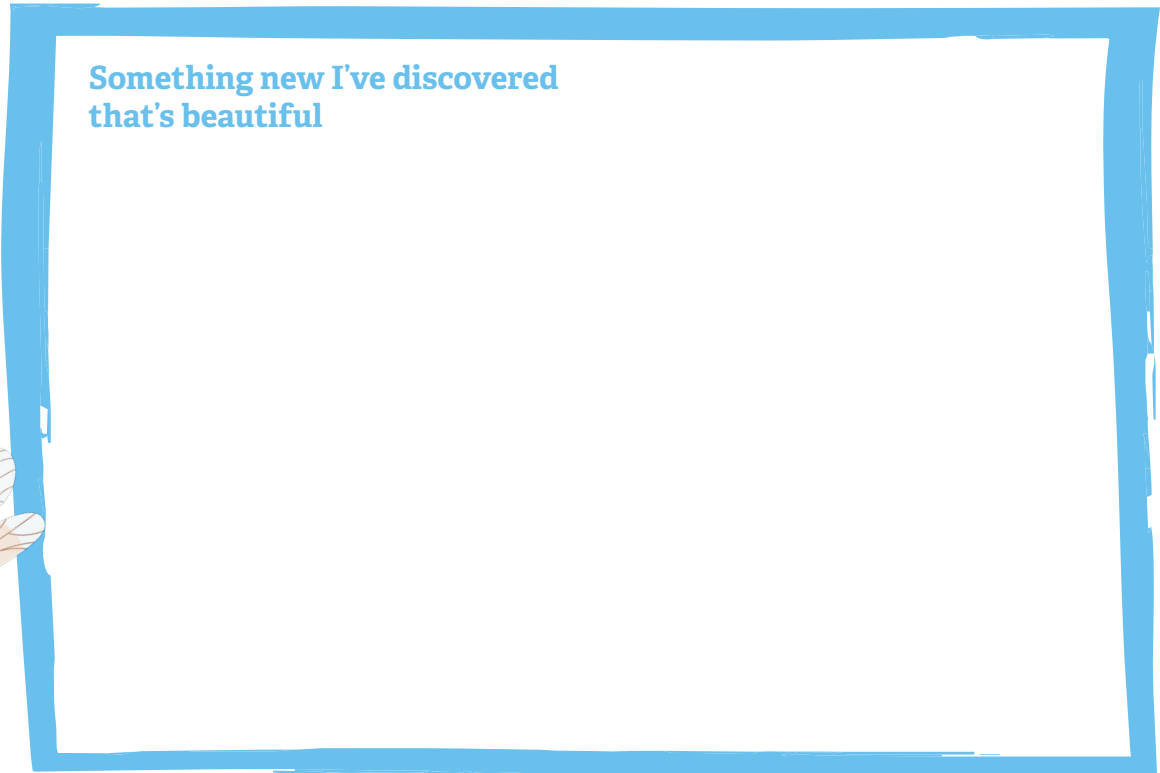
Journal it...

Record some of the wild plants, creatures or places you've seen here

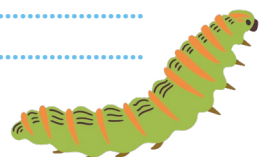


Stop, rewind & record - my monthly reflection

Something new I've discovered that's beautiful



Something I'd like to see/experience next month





MEANING

Nature is full of cycles that repeat to provide structure and meaning. It could be the place you walk your dog or go to relax. It could be where you grow your food.

Meaning and purpose are so important for our wellbeing. They are the drive that keeps us going, they give us a reason to go on. Nature can add meaning and purpose in many ways. Nature adds milestones to our years to break up the pace, from the structure or seasons pushing us to slow down in winter and enjoy the warmth in summer. Insects and animals rely on these cycles to survive and to enable their own life cycles. Think about butterflies and how they rely on wildflowers growing every year. They need nectar for them, somewhere safe to lay their eggs and food for the caterpillars.



Take part...

MAKE YOUR OWN SEED BOMBS



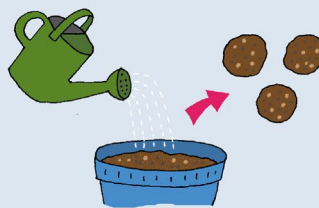
You will need:

- Meadow flower seeds or seeds collected from the garden 
- Peat-free compost 
- Water 
- Powdered clay (from craft shops - use clay soil if you can't find any) 
- Mixing bowl 

1 In a bowl, mix together 1 cup of seeds with 5 cups of compost and 2-3 cups of clay powder.



2 Slowly mix in water with your hands until everything sticks together, then roll mixture into firm balls.



3

4 Now for the fun bit - plant by throwing your seed bombs at bare parts of the garden!





EMOTION

Emotions are very natural and all have a purpose. Being in nature can be very therapeutic.

Notice how you feel when you are in nature and take a moment to reflect on those feelings. Do you have a strong emotional bond to nature, what do you love about it? Do the seasons changing have an impact on how you feel?



Did you know?

When hedgehogs experience fear they roll up into a spiky ball to help protect themselves. This is a natural response to deter predators from harming the hedgehog when it feels threatened.



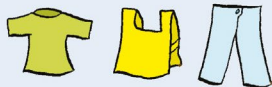
Take part...

GO ON A LITTER PICK

Be mindful while you walk and take time to consider how you feel

You will need:

- an adult helper
- a group of friends (optional but useful!)
- thick gardening gloves
- strong bin bags
- brightly coloured clothes (for visibility near roads)



- suitable footwear (sturdy boots for rocky beaches)



Ask an adult to take you on a litter pick or beach clean.

Ask an adult if you're not sure whether to pick something up.

Things to avoid

- broken glass
- sharp objects
- dog poo bags
- anything dirty or dangerous
- large or heavy rubbish
- bottles of liquid



Try not to overfill bags to avoid spilling.



You could try separating litter into different bags for recycling.



carrier bags



empty bottles



cigarette butts



empty cans



fishing net



bits of plastic



crisp packets or wrappers



paper



COMPASSION

Nature needs to be protected, and looked after, and so do we look after ourselves. Being compassionate for nature feels good and inspires self-compassion. Think about what you can do for nature

We've had a huge negative impact on nature. Hundreds of species are in decline due to habitat destruction and choices humans have made. In order to reverse those declines, it is vital that we care for the world around us and start showing compassion towards the plants and animals who live there. We need nature and nature needs us. We are one in the same. Notice how you feel after you've taken action to help nature.



Take part...

MAKE A BIRD FEEDER



What you need:

- dry ingredients
 - bird seed
 - cooked rice
 - grated cheese
 - dried fruit
 - breadcrumbs
 - chopped nuts
- hard cooking fat (lard or suet)
- a pine cone, coconut shell or yoghurt pot
 - Use an old yoghurt pot for this, and always recycle after it's been used
- string



1 Mix all the dry ingredients together in a bowl



2 Add the fat and give it a good mix around

3 Choose your feeder



plaster all over a pine cone



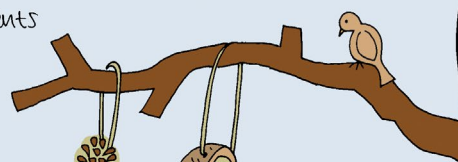
put it round the inside of a coconut shell



press into a yoghurt pot

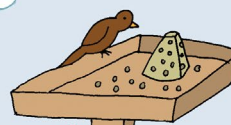
You can hang this upside down like a bell or turn it out like a cake

4 Hang your feeders with string (you may need to make holes and tie the string in before adding the mix)



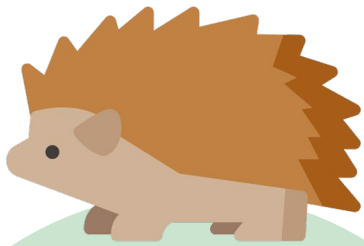
Hang your feeder where you can watch birds without disturbing them

If you need to melt the fat, ask an adult to help



Journal it...

How many different birds did you see? Is there anything else you can do for wildlife where you are?



Challenge yourself

Challenge yourself to take compassionate actions for nature.

- Go waste free for a day
 - Use less water
 - Recycle





Build a #WilderCheshire


Visit our [website](#) to find out more about how Cheshire Wildlife Trust can support you on your own wellbeing and nature connection journey, along with lots of great resources and activity ideas.



Notes and doodles







A space for you to save your thoughts and ideas.





Have you been inspired to do something for nature? Inspire others by sharing your story on social media and add it to our [interactive map](#) of local people like you taking action to bring wildlife back.

For more free guides, videos and activity packs, please visit our [website](#).

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