

### Thriving with nature - ways to connect with the natural world



There are different ways to connect with our beautiful natural world. Some of us prefer some more than others. To meaningfully connect we need to experience all the following:



Tune in with your senses, notice inspires, find and appreciate beauty in nature, explore how nature brings meaning to our lives, care about and help nature

# about nature

Learn the names of plants & animals, understand interesting facts, know about wildlife

#### **Do** something in nature

Exercise & relaxation, gardening & growing, art & crafts, volunteering & conservation

## KNOW



Cheshire

Wildlife Trust





and welcome the emotions nature

with nature

Spend time mindfully in

nature, notice nature,

ground yourself to nature

