



5 pathways to nature connection

The Five Pathways to Nature Connection* was developed following research in to how the relationship between humans and nature can be reshaped. Nature Connection brings about more pro-nature behaviours to help save our planet and also improves our own health and wellbeing.

Restoring our connection with nature is not about increasing our knowledge and identification skills, it's about reminding ourselves we are part of nature through noticing, feeling, appreciating, celebrating and caring. The reframing of our relationships with nature in this way will bring positive wellbeing results for the individuals, families, and communities that you work with and alongside.

When thinking about developing new or adapting existing nature-based activities it is worth remembering that each of us will connect to nature differently. The pathways offer lots of options for you to explore and they can also overlap. Do not worry about trying to pigeon-hole activities if your ideas cover more than one pathway - that's a bonus



The 5 Pathways to Nature Connection

CONTACT



Aim:

To experience nature using all the senses for pleasure

Group ideas:

A nature senses exercise, pointing attention towards each sense in turn. This can be done outdoors or through an open window or door.

Move a group session outdoors and try sitting on the ground or sitting in a chair and placing bare feet on the ground. Take five minutes to notice the heat from the sun or the sound of birds.

A taste, texture and smell session including fruits, vegetables, herbs, and edible flowers.

Use essential oils in an indoor environment e.g.: lavender, rosemary, chamomile or add fragrant planting to an outdoor setting.

Create a sensory or wellbeing garden.

Start a session with a nature-based mindfulness grounding exercise or add a short grounding at break times.

EMOTIONS



Aim:

To find an emotional bond with, and love for nature

Group ideas:

Create time and space for your group to have a peaceful calm moment in nature; a solo walk, a cup of tea under a tree canopy or allow people to quietly work by themselves.

Develop an emotions-based nature scavenger hunt e.g.: find or think of something in nature that makes you feel happy, yukky, calm, makes you smile, etc.

Provide opportunities for awe and wonder by pointing out every day amazing things like the engineering in a spider's web or the stars in the sky.

BEAUTY



Aim:

To take time to find beauty in the natural world

Group ideas:

Create some wild art together inspired by something beautiful, a creature, the colours of a sunset or a view.

Take and share photos based on a theme; nature found in our space, our small world, patterns, and textures.

Organise a trip to a beautiful space, an amazing view, a colourful garden or an autumnal forest.

Set a challenge to find something beautiful in nature everyday. These can be private, or you can encourage finds to be voluntarily shared within the group. Some people like to keep a diary of finds.

MEANING



Aim:

To explore what nature means to you

Group ideas:

Get the group to think about a favourite place in nature and why it's special to them.

Share and discuss folktales about nature.

Share favourite stories, poems or songs about nature or create your own.

Think about and celebrate moments in nature; the first flowers in spring, the longest day or colour change in autumn.

COMPASSION



Aim:

To care for and take action for nature

Group ideas:

Encourage the group to recycle and make eco-friendly choices, share ideas or swap unwanted items.

Create new habitats for wildlife or a mini reserve; plant wildflowers, British trees and hedges, make bug hotels or beetle logs, put up nest boxes or make a pond.

Go on a trip to the beach and take part in a beach clean.

Provide food and water for creatures who might need help, particularly birds and hedgehogs.

Raise money for conservation or wildlife charities.

Download more activity ideas at:
cheshirewildlifetrust.org.uk/nature-connection-toolkits

