

## Nature Connection Toolkit

I hope you enjoy these different ways of connecting with nature.

These are a small example of nature connection practices, there are many more. You will find some more useful than others, this is a personal choice. We simply suggest that you enjoy the ones that best serve you to connect. Approach them with an open heart and open mind without any effort:

- 1.** Introduce yourself to a place in nature in a way that is comfortable to you, like you would introduce yourself to an old friend, simply noticing any pleasure that arises.
- 2.** Find a place to sit in the park or in the woods. One that you feel comfortable with, go every day or, at least, a couple of times a week. Again, notice any sensations that arise.
- 3.** Awaken your senses in nature. With eyes closed, take a couple of deep breaths. Feel your feet firmly rooted to the earth. Simply notice how the air feels on your skin, listen to all the sounds around you, paying attention to the farthest and also the closest; taste the air that you are breathing and inhale deeply noticing any scents that attract you; open your eyes and observe the life around you and its colours; let yourself go ...
- 4.** Get in touch with the earth, walk barefoot. With your feet, play with the grass, with the earth or with the mud. Walk over the trunk of a tree. Notice the sensations.
- 5.** Walk slowly exploring the forest. Taking in the forest with your whole body.
- 6.** Thank the forest for every gift it offers, in a way that seems most appropriate to you.
- 7.** Bring a diary in which you write down the things that you discover in the forest, the things you notice when moving through the landscape, the different feelings and sensations that arise and how you see your place in place in it all.
- 8.** Draw in nature. Take a drawing book and some colours, simply expressing what you see, without any pressure to achieve any outcome.
- 9.** Find a natural place that calls to you, if you feel comfortable lie on the ground and gaze at the sky
- 10.** Discover your own unique way to connect ... perhaps share it with others

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