



ECO-SELF CONNECTING ACTIVITY

Go to a natural space – it can be a convenient space, such as a nearby park, beach, forest, or some other natural sanctuary, where you will observe nature. Give yourself a little time and

space to feel more connected with the natural world. Seek out a quiet, contemplative spot where you can sit comfortably to look and listen without speaking for 30 minutes (the last 15 minutes you may use to write some of your observations). Avoid accessing any electronic devices and go alone, without a pet, if possible. Observe and reflect on any or all of the following:

- The peaceful balance of nature at work
- Any natural processes occurring around you (e.g., a bee gathering pollen, a flower about to bloom, a bird flying by or a fungus decomposing in a fallen tree)
- Lessons you can relate to from the processes and interactions you observe. Consider any metaphors or examples in nature that express universal wisdom (e.g., trees setting down roots to gather nourishment from the Earth and leaves reaching up to gather energy from the Sun, or squirrels storing nuts for a winter's day when they need it)
- Use your imagination to experience what it is like for you to be “seen” by nature (instead of you doing all the seeing).
- Consider perceiving with all of your senses (smell, touch, sight, sound, taste).

b. Record your findings in the RESEARCH CHART during, or immediately after your nature sitting

Research Chart

1.1 Complete Research Chart (use note paper if more space is needed)

<i>Your Nature Location:</i>	
<i>How did you feel before your nature sitting?</i>	
<i>What did you observe?</i>	
<i>What was it like to sit still for that long?</i>	
<i>Did you see any examples</i>	

<i>from nature that you can relate to your own life?</i>	
<i>Did you feel like nature saw and noticed you? If so, how so?</i>	
<i>How did you feel physically, mentally and emotionally when you settled into nature?</i>	
<i>How did you feel after this exercise?</i>	

So What?

1.2 How might fostering a deeper relationship with the natural world help people develop a greater sense of connection and belonging?

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