



It's time to Rewild Yourself



5 NATURE CONNECTION CHALLENGES

ACTIVITY BOOK





Your checklist for a mini adventure connecting with Nature

A few moments is all you need...



Check your equipment

Make sure all your tech and extra equipment is charged and ready to rock!



Hat or gumboots

Be sun smart... But we secretly love bare feet in the mud.



Pack your curiosity

The world is awe-inspiring and full of wonder... There's always something to learn.



Dare to be different + have fun

Roll your own way. There is no 'one way' to have an adventure in Nature, just follow where your sense of play takes you!



Reflect on your adventure

Don't forget to take a moment to think about your adventure. What did you see or experience? What did it feel like and mean to you?

Five Pathways to Nature Connection

Connecting with Nature has never been more crucial. Expert research has shown that building a relationship with the natural world boosts our wellbeing, and makes us more likely to help Nature. So how do we build closer relationships with Nature? Research has found that connecting with Nature involves

more than just spending a few minutes outside. The Nature Connectedness Research Group at University of Derby identified five pathways to Nature connection – ways of experiencing and engaging with the natural world that help us grow stronger and deeper relationships with the rest of Nature.

JOURNEY THROUGH THE FIVE PATHWAYS WITH US

Senses

Explore, take a closer look and get in touch with the natural world. Engage with Nature through the senses for pleasure e.g. *listening to birdsong, smelling wild flowers, watching the sunset.*

Beauty

Take time to appreciate the beauty of Mother Nature. Engage with the aesthetic qualities e.g. *appreciating natural scenery or connecting through the arts.*

Meaning

Consider what Nature means to you. Using natural symbolism (e.g. language and metaphors) to represent an idea, thinking about the meaning and signs of Nature, e.g. *the first swallow of summer.*

Emotion

Find happiness and wonder. Find an emotional bond with, and love, for Nature e.g. *talking about, and reflecting on your feelings about Nature.*

Compassion

Think about what you could do for Nature. Extending the self to include Nature, leading to a moral and ethical concern e.g. *making ethical product choices, concerned with animal welfare.*



Let's go...



Senses

Let's connect to Nature
by tuning into our SENSES...

What can our *senses* tell us
about Nature?



Senses

NATURE SOUNDS CHALLENGE: *Creating the ReWild Yourself Playlist*

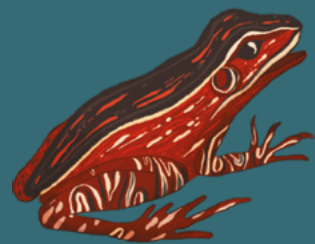
The senses pathway allows us to bring our bodies and minds together with Nature. Get involved, tune-in and engage your ears with our Nature Sounds Challenge. Help us celebrate as many sounds from Nature by contributing to our ReWild Yourself Community Playlist by following the steps below.



1.

Tune in to Nature

Are there softer sounds you don't notice at first? We want to capture a vast array of Nature's song, so get creative and follow your ears.



2.

Stay quiet and press record

Once you've found a sound you want to record, use a phone, or any other audio recorder you can find, and press record.



3.

Send us your sound recordings

Send us a max 30 second clip, along with a description of what it is and where you recorded, so we can add it to our ReWild Yourself Nature Sounds playlist and help others tune into Nature.

WE ARE NATURE TOO...
Though for this challenge we're listening to sounds other than human.

There are no rules, so long as the audio that you capture is from the natural world, and also not human.

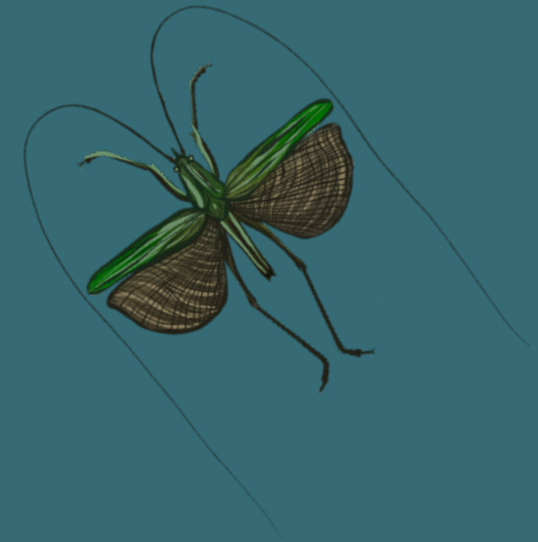
WHAT SINGS OUT TO YOU?
We all pick up on different details

It may be a favourite Nature sound, a sound most people have not heard before, a sound from your favourite place in Nature, or a sound you find scary, surprising, peaceful, or even annoying.

HOW TO SUBMIT
Share your 'Nature Sounds' audio recordings via our website...
www.rewildyourself.com/time/nature-sounds-challenge
Or submit via email at...
hello@voicefornature.com

FIELD NOTES

What was the first Natural sound that you heard? What was making it?



Pause and look around. What do you see? How many colours are there?

FIND OUT MORE

www.rewildyourself.com/time/what-is-the-senses-pathway-to-nature-connection/

GET INSPIRED

www.rewildyourself.com/time/senses-mark-fergusons-inspiration-gallery/

If you would like to share your insights with us on Instagram, go to [#rewildyourself](https://www.instagram.com/rewildyourself) #ItsTimeToReWildYourself

Did you feel curious enough to touch something? What did it feel like?





Beauty

Let's connect to Nature
by noticing BEAUTY...

Where is *beauty* hiding
in Nature?



Beauty



PHOTOGRAPHY CHALLENGE:

Find unexpected beauty in Nature

Often the beauty of Nature can go overlooked, but whenever and wherever you are, you can take part in our photography challenge and take a few seconds of your time to observe and celebrate beauty in the natural world. From the pattern of leaves to the colours of seasons, what can you capture through your lens?



Take a stroll outside, in your garden or local park. Carefully notice your surroundings.

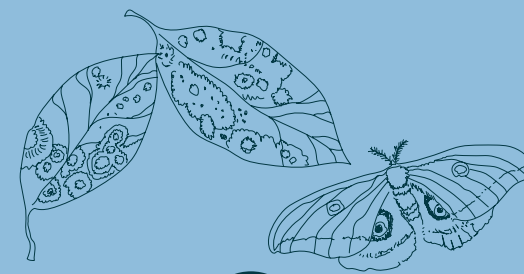


Get lost in the forms moss makes on a rock. Zoom in. How magical is that slippery, tiny forest? Zoom out. Is that a trunk of a tree winking at you?

CHALLENGE YOUR PERCEPTIONS

Beauty looks different to everyone

Something ugly can also be beautiful. What might you consider beautiful if you were a fruit fly? What is scary and dangerous, but also beautiful? Is there something in Nature you see so often, you no longer notice its beauty?



Do you notice any patterns? Does the detail on a leaf remind you of a painting? Or perhaps the markings on a butterfly look like two inquisitive eyes?



Snap a picture with your camera! Send it to us so we can share your take on Nature's curious beauty with the world!

WIDEN YOUR LENS

Look at Nature with curiosity

Beauty isn't always obvious... Is there an animal, plant or aspect of Nature we first think of as disgusting or icky? What happens if we look closely or challenge ourselves to look from a different angle? Pretend you're seeing something for the first time...



HOW TO SUBMIT

Share your 'unexpected beauty in Nature' photos via our website...

www.rewildyourself.com/time/photography-challenge

Or submit via email at...

hello@voicefornature.com

FIELD NOTES



What was the most surprisingly beautiful part of Nature that you found?

Was beauty hiding in a place that you least expected? Where? What?

What, in Nature, is strange and beautiful at the same time?

FIND OUT MORE

www.rewildyourself.com/time/what-is-the-beauty-pathway-to-nature-connection/

GET INSPIRED

www.rewildyourself.com/time/photography-tips-from-tamara/

If you would like to share your insights with us on Instagram, go to [#rewildyourself](https://www.instagram.com/rewildyourself) #ItsTimeToReWildYourself



Emotion

Let's connect to Nature
through EMOTION...

What *emotions* does
Nature inspire in us?



Emotion

REFLECTIONS CHALLENGE:

How does Nature make you feel?

Being in and amongst Nature can lead to a whole range of emotions and reflecting on how Nature makes us feel, helps us connect deeper with the world around us. Whether it's typed in, handwritten or recorded, send us your reflection to be part of our ReWild Yourself Community Journal.



1.

If you are down for an outdoors adventure...

Pick a comfortable spot – under a tree or on the flat-side of a rock are our top choices!

... If you can't get outdoors today – jump over to the indoors option.



2.

Look around you. Do you feel calm or in awe? How does your sitting spot make you feel? Can you detect any little critters? Do they make you nervous or curious? Does one of them bring you more joy than others? Why?



3.

Spend some time with the feeling (or feelings!) that Nature awakens in you.

Write or record your reflections and share it with us to have a chance to be part of our shared Community Journal!



STAYING INDOORS TODAY?

Follow these steps for #1 and #2

Sit in a comfortable position. Breathe deeply. In. And out. Think of something in or from Nature that moves you. It can be a memory, a smell, a colour, an animal... Anything that causes an emotional reaction in you. Does it bring you joy or calm? Perhaps it surprises you, instead? Why?



4.

We are curious to know, how does Nature make YOU feel?

Focus on love and/or wonder, and let us know. *Ps. You'll have an extra chance to be part of the ReWild Yourself Community Journal if you keep the submission to less than 80 words or under 40 seconds.*



A WORTHWHILE NOTE:

Nature can make us feel many things and we want to welcome and accept every emotion. However, if certain emotions feel overwhelming, please check out our resources at the link below to get in contact and/or check out practitioners that specialise in eco-therapy and connecting the outdoors with our wellbeing.

www.rewildyourself.com/time/resources-for-heavy-emotions

HOW TO SUBMIT

Share your 'How Nature makes you feel' via our website...

www.rewildyourself.com/time/nature-reflections-challenge

Or submit via email at...

hello@voicefornature.com

FIELD NOTES



What is the first emotion you feel when being in or thinking about Nature? Why did it come up?

Find five natural things you're grateful for...

Have you spotted any critters? What are they up to? How would it feel to be like them and do what they are doing?



FIND OUT MORE

[www.rewildyourself.com/time/
what-is-the-emotions-pathway-
to-nature-connection/](http://www.rewildyourself.com/time/what-is-the-emotions-pathway-to-nature-connection/)

GET INSPIRED

[www.rewildyourself.com/time/
writing-tips-from-nicola-chester/](http://www.rewildyourself.com/time/writing-tips-from-nicola-chester/)

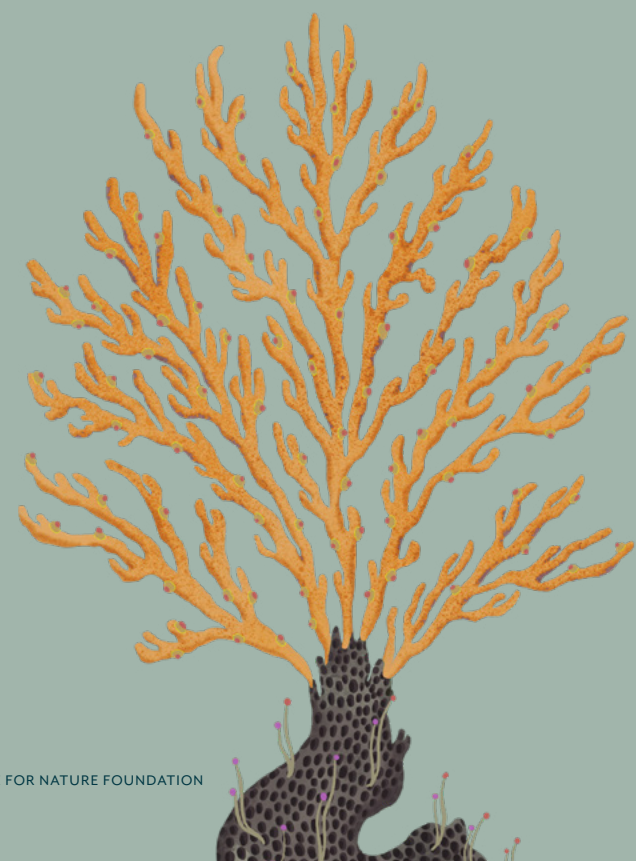
If you would like to share your insights with us on Instagram, go to [@rewildyourself](https://www.instagram.com/rewildyourself) #ItsTimeToReWildYourself



Meaning

Let's connect to Nature through MEANING...

What, in Nature, is *meaningful* to you?



Meaning

NATURE ART CHALLENGE:

Celebrate what means the most to you in Nature

Maybe you recall a particular place or moment with Nature that was particularly special.

From how we write, to how we find structure in seasons, humans have always found meaning in Nature. Tap into your creativity, reflect on what Nature means to you, and take part in the Nature Art Challenge by sending us your artwork.



What is the one thing, the one moment or story, that means the most to you, in relation to Nature?

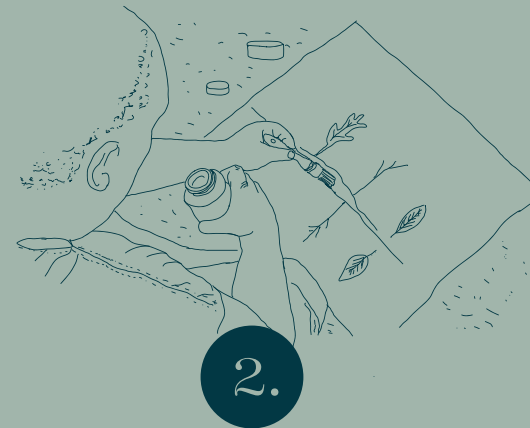
It could be an animal that whenever you see it, brings you joy; a season that you have loved to celebrate since you were younger; a herb that never fails to soothe you when you are ill; a landscape that leaves you speechless whenever you come back to it, in person or through your memory...

What does this bit of Nature mean to you? What does it tell you about your relationship with Nature?

A BRIDGE TO NATURE

Meaning and creative expression

It may also be a Nature-related art piece that has become meaningful to you. A Nature poem that makes your eyes water; a folk song that sounds like frolicking in a flower field; a painting that holds all the colours you love to see the most in Nature... Anything that has a special meaning to you and your relationship with Nature.



Once you have something in mind, bring it to life creatively.

Gather some leaves, crayons, mud, paper, flowers, coffee grounds, chinks... possibilities are endless! Then show the world what that special piece of Nature looks like to you.

THINK: collage, drawing, sculpture, painting, printmaking... let your imagination drive you!

Snap a picture of your artwork and share it with us!

What is it? Why is it important to you?

Send it to us by the end of September for a chance to appear in our online showcase...

HOW TO SUBMIT

Submit your creative response to 'What means the most to you in Nature' via our website...

www.rewildyourself.com/time/nature-art-challenge

Or submit via email at...

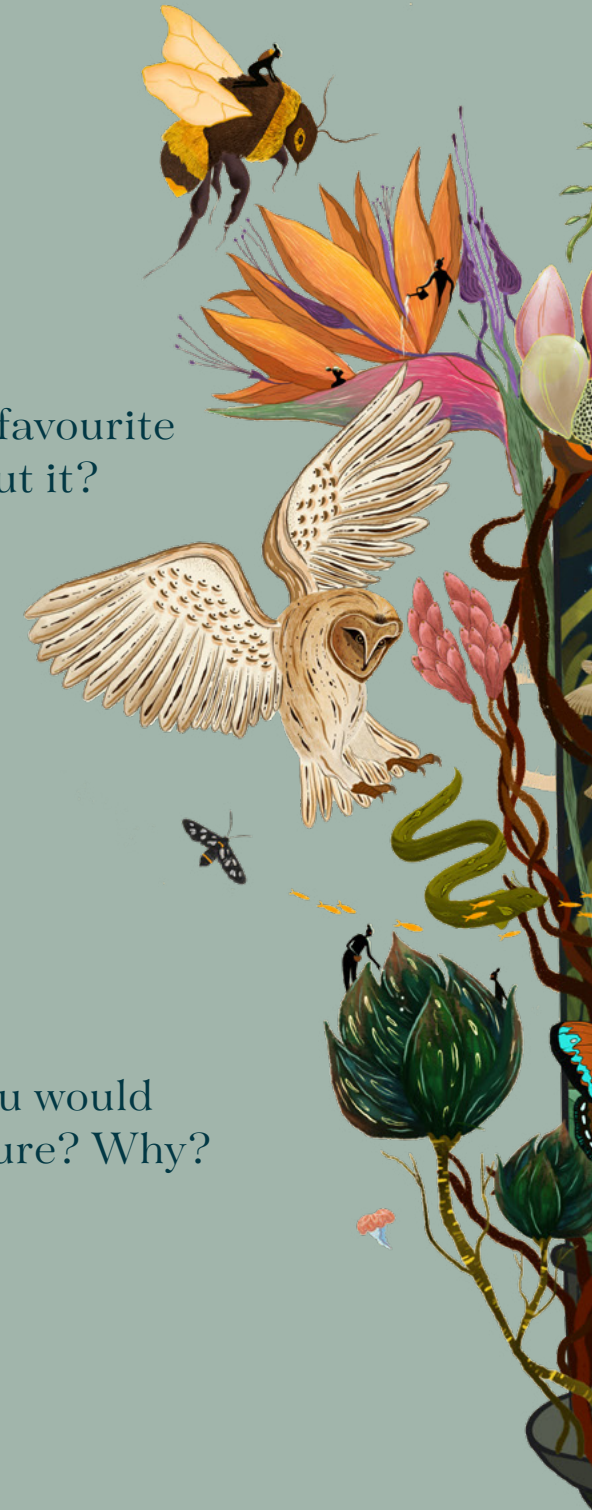
hello@voicefornature.com

FIELD NOTES



Are you intrigued by a particular critter, sound, plant...? What do you think its story or importance is?

What stories have you been told about your favourite Nature spot? What story would you tell about it?



Think of a bucket list. What is something you would really like to see, hear, or experience in Nature? Why?

FIND OUT MORE

[www.rewildyourself.com/time/
what-is-the-meaning-pathway-
to-nature-connection](http://www.rewildyourself.com/time/what-is-the-meaning-pathway-to-nature-connection)

GET INSPIRED

[www.rewildyourself.com/time/
inspiration-gallery-co-creation-
and-collaborative-storytelling
-tatiana-lopez/](http://www.rewildyourself.com/time/inspiration-gallery-co-creation-and-collaborative-storytelling-tatiana-lopez/)

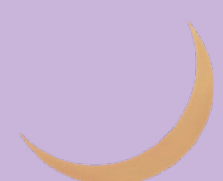
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Compassion

Let's connect to Nature
through COMPASSION...

Does Nature inspire you to feel
compassion and care?

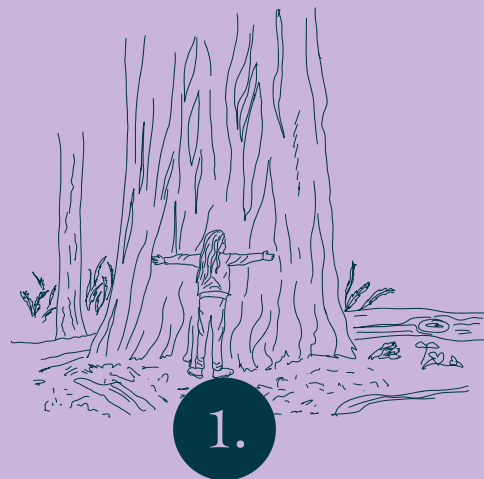


Compassion

NOMINATE YOUR LOCAL HERO!

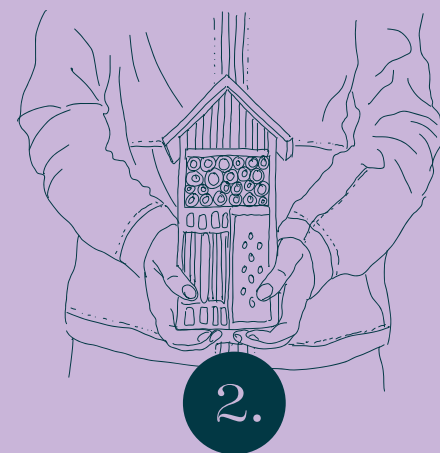
Celebrate compassion for Nature in your backyard

Nature needs our empathy and invites us to think about what we can do to help it. Our Local hero challenge invites you to celebrate an individual in your community that goes above and beyond to take action to help Nature. Look around and reflect. Consider your friends, family, teachers, colleagues... and send us the name of someone close to you and tell us why they inspire you to care for Nature.



Who has inspired you to take care of Nature? If Nature could speak with us, who would it say 'thank you' to? Why?

Showing compassion to Nature means protecting and taking care of it. It can come from an act as small as picking up a bag of crisps that flew from the bin to the grass, or as big as planting a forest to create more green spaces.



Has anyone in your community inspired you to take better care of your plants, recycle your waste, speak up for climate issues, build a bee hotel, create your very own organic cleaning soaps...?

Perhaps you saw a friend put up a poster on the importance of cleaning up our oceans and it reminded you of that summer at the beach. Did it make you want to put up a poster too? Maybe it just reminded you that our blue giant friends need our help. That's helpful too!



Once you have someone in mind, let us know who they are and why are you nominating them!

We would love to spread inspiration and showcase all the ways in which humans are helping Nature. In what way did they inspire you? What did they do for Nature? No act of kindness is too small! Let us know for a chance to have your nominee celebrated in our Heroes Gallery!



HOW TO SUBMIT

Submit nominations for your local heroes via our website...

www.rewildyourself.com/time/local-hero-nomination

Or submit via email at...

hello@voicefornature.com

FIELD NOTES



What is Nature offering you today? *Sunshine, colourful leaves, the scent of fruit on the breeze...*

Notice your local Nature spots and routes.
Are they being cared for?

Can you find the homes of little critters or birds?
How could you help protect these spaces?



FIND OUT MORE

[www.rewildyourself.com/
time/what-is-the-compassion-
pathway-to-nature-connection](http://www.rewildyourself.com/time/what-is-the-compassion-pathway-to-nature-connection)

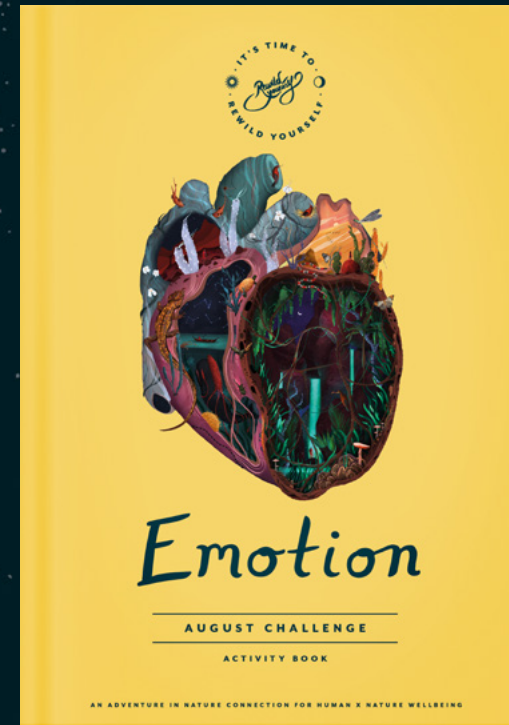
GET INSPIRED

[www.rewildyourself.com/time/
nominating-your-local-hero-tips-
from-laurie-king](http://www.rewildyourself.com/time/nominating-your-local-hero-tips-from-laurie-king)

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Discover the full set of Activity Books...



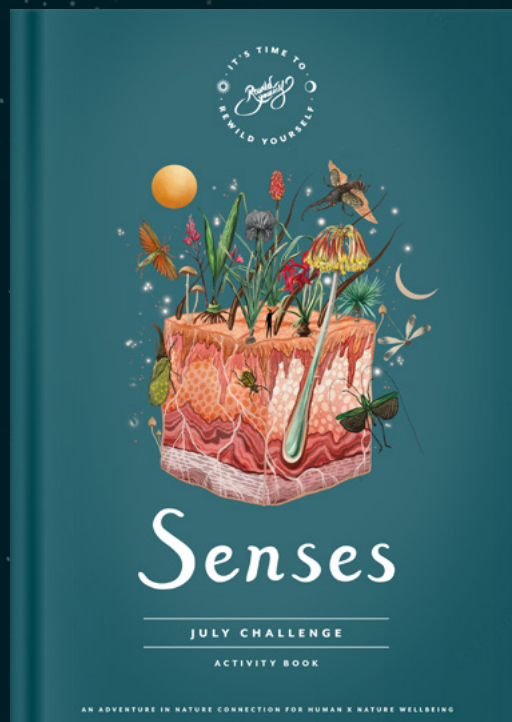
www.rewildyourself.com/time/resources-for-the-reflections-challenge/

DOWNLOAD & DISCOVER MORE



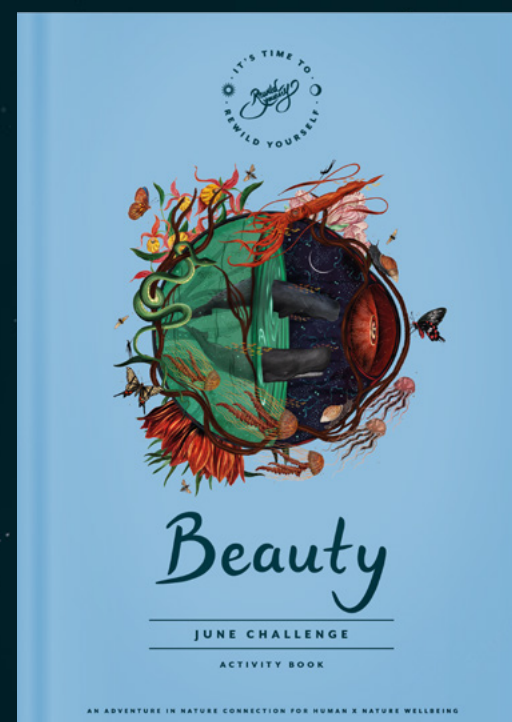
www.rewildyourself.com/time/resources-for-the-nature-art-challenge/

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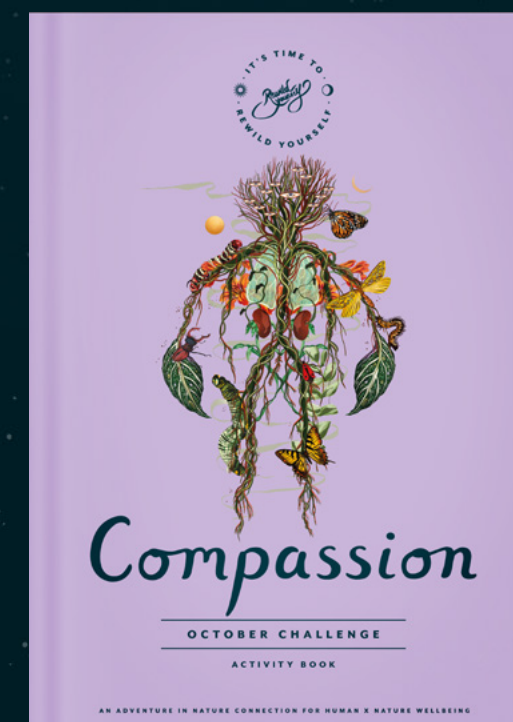
www.rewildyourself.com/time/resources-for-the-nature-sounds-challenge/

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DOWNLOAD & DISCOVER MORE



www.rewildyourself.com/time/resources-nominate-your-local-hero-challenge/

DOWNLOAD & DISCOVER MORE

ReWild Yourself

Brought to you by Voice for Nature Foundation, ReWild Yourself is a global programme creating opportunities for individuals and communities to connect with Nature and wild places, uniting both humanity and Nature's wellbeing.

By connecting to the land, we connect back to ourselves, however, access to Nature remains deeply inequitable. We want to bridge that gap, and reunite human and Nature's wellbeing.

Nature Connectedness Network

The Nature Connectedness Network, from the University of Derby, brings together individuals and organisations whose professional work is focused on helping people grow closer relationships with the more-than-human world, for the mutual wellbeing of people and planet.

Vision: A happier and more fulfilled society with a thriving natural environment, forged through a closer relationship with nature.

Mission: To discover, share and deliver evidence-based approaches for nurturing closer relationships between people and nature, ensuring a scaling up of nature connection across the UK.



It's time to ReWild Yourself

Join the community and spread the word...

'It's Time to ReWild Yourself' ACTIVITY BOOK PARTNERS



Thank you for being a Voice for Nature!

To all the amazing and talented individuals, experts, artists, and organisations who helped bring to life this suite of resources for Nature connection.



Scan the QR with your smart phone for more Nature connection fun and resources





It's time to ReWild Yourself

An adventure in Nature connection for human x Nature wellbeing

5 CHALLENGES | 5 PATHWAYS

Voice for Nature Foundation and the Nature Connectedness Network are on a mission to improve the UK's relationship with the natural world and release our inner wild. An experience for individuals, schools, and families, supported by an exceptional cohort of partners, scientists, explorers, and artists.

Take some time to journey through the five pathways with us and connect more deeply with Nature...

SENSES | BEAUTY | EMOTION | MEANING | COMPASSION

We all crave that sense of aliveness and awe that Nature makes us feel. Join us in a series of small yet mighty personal challenges that will help us unlock our imagination, and find the magic and healing hidden within time in Nature.



rewildyourself.com

voicefornaturefoundation.org

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