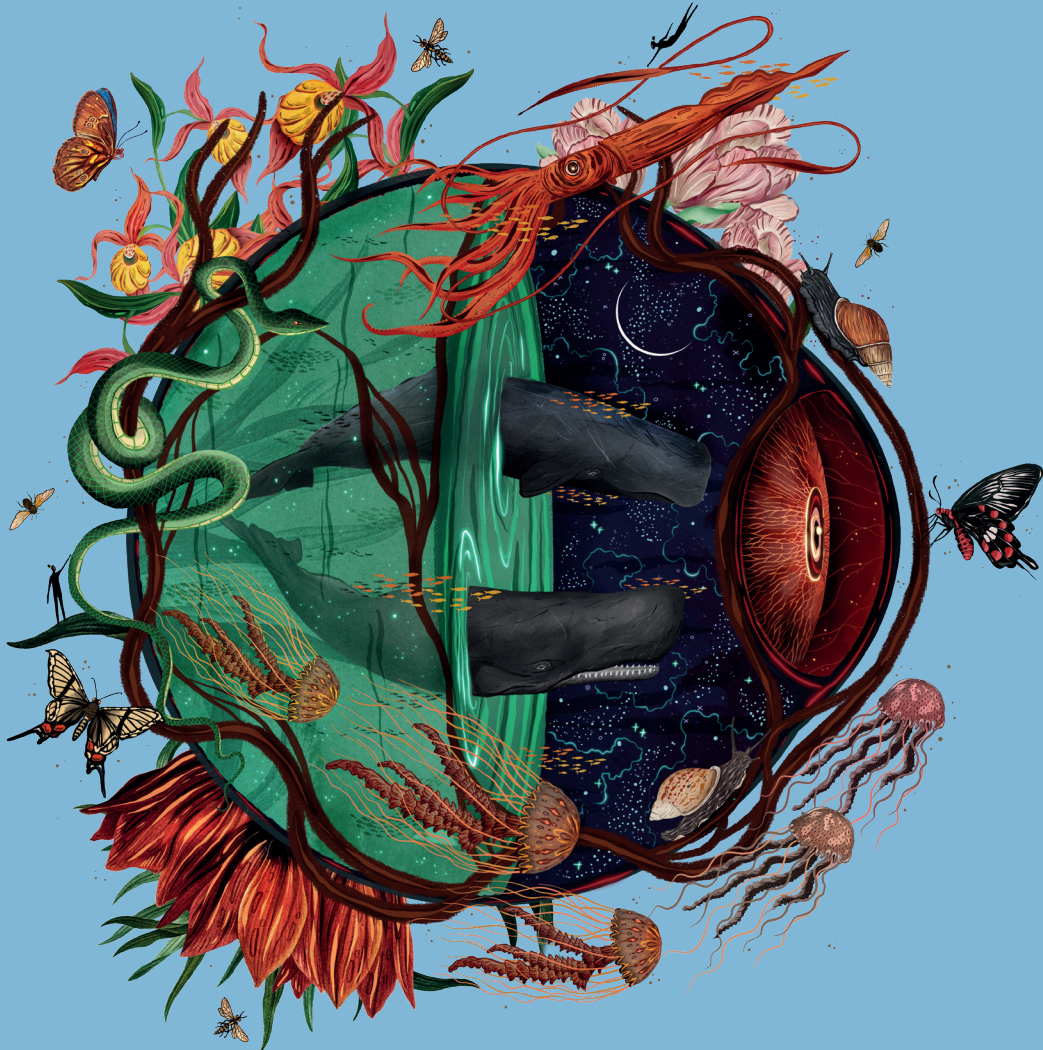


IT'S TIME TO
Rewild Yourself
REWILD YOURSELF



Beauty

JUNE CHALLENGE

ACTIVITY BOOK

AN ADVENTURE IN NATURE CONNECTION FOR HUMAN X NATURE WELLBEING

AN ADVENTURE IN NATURE CONNECTION
FOR HUMAN X NATURE WELLBEING



*It's time
to Rewild
yourself*



JOURNEY THROUGH THE FIVE PATHWAYS WITH US...

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.



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.*



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.*



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...



SOURCE: The Nature Connectedness Research Group, University of Derby.

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REWILDYOURSELF.COM



Your checklist for a mini adventure connecting with Nature

5 minutes is all you need...



Charge your camera / phone

First explorer's rule is check your equipment!



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. Some people climb mountains, others create costumes inspired by birds, or look at jellyfish under a microscope. There's not 'one way' to experience Nature.



Be surprised by Nature

It's easy to miss what is right under our toes, or above our eye-line. Keep your senses alert. Challenge yourself to discover everyday Nature anew.



Beauty



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

Where is *beauty* hiding
in Nature?



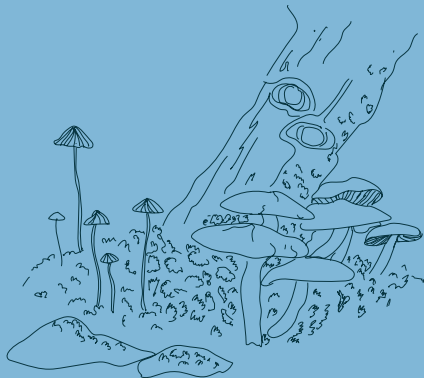
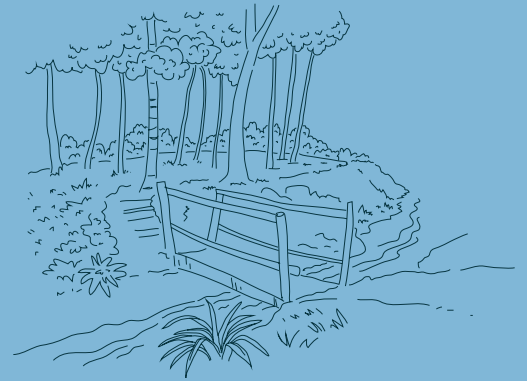
Beauty



PHOTOGRAPHY CHALLENGE: *Find unexpected beauty in Nature*

1.

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



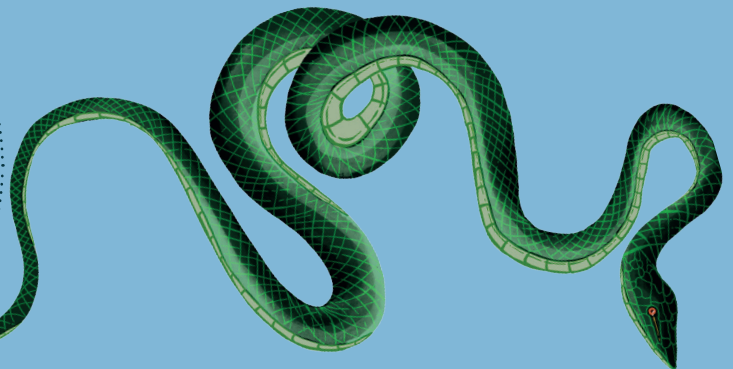
2.

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?





3.

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?



4.

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...

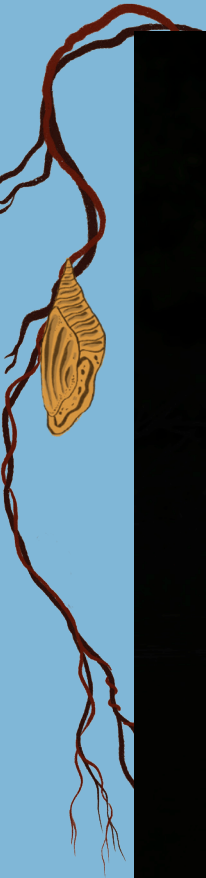
www.rewildyourself.com/time/photography-challenge

Or submit via email at...

hello@voicefornature.com

INSPIRATION GALLERY

Find more inspiration at [ReWildYourself.com](https://www.rewildyourself.com)



Flamenco (*Phoenicopterus ruber*) © Tamara Blazquez Haik



Garcita verde (*Butorides virescens*) © Tamara Blazquez Haik



Coyote (*Canis latrans*) © Tamara Blazquez Haik





Colibrí pico ancho (*Cynanthus latirostris*) © Tamara Blazquez Haik



Tiacuache (*Didelphis marsupialis*) © Tamara Blazquez Haik



Meet Tamara

Tamara Blazquez Haik

When Tamara was five, her father gave her a Polaroid camera and she obsessively photographed all the things she loved, including Nature. Now, as a journalist and wildlife photographer, Tamara combines art and science to create captivating profiles of species in her native Mexico, and champions individuals and communities working to protect them. We selected Tamara to be a

champion as her photos, and the stories they tell, bring people closer to Nature, illuminating the unseen, and presenting familiar species in a new light. In an area where levels of illiteracy are high, her photos, workshops and talks reach audiences traditionally less exposed to environmental outreach and education.



TAMARA IS A 2024 REWILD YOURSELF CHAMPION...

DISCOVER ALL TEN CHAMPIONS, EACH INSPIRING QUALITY NATURE CONNECTION IN THEIR OWN WAY.

VISIT [REWILDYOURSELF.COM](https://www.rewildyourself.com)



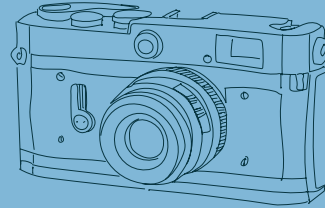
Photography tips from Tamara

Tamara Blazquez Haik

1.

Any camera is a good camera, even your smartphone.

If you want to start photographing the beauty of Nature surrounding you, even your smartphone can be your ally, as well as any camera you can get your hands on.



2.

When out in Nature, take some time to sit down on the ground, breathe and really observe your surroundings. This will allow you to truly appreciate the beauty of Nature, find the best angles and lighting and hence, make beautiful images.



3.

Don't only go for photos of medium or big animals like birds or mammals, pay close attention to the little critters surrounding you... Bees, spiders, ladybirds, beetles and other insects or small animals also make for great images!



4.

Remember to also take some time to admire the beauty of plants and flowers! And also, their textures! Some amazing Nature photographs only feature the texture of leaves, tree trunks, and even the ground. The beauty of Nature is all around us!



5.

Enjoy yourself. Making beautiful photographs is not only about the “technicalities” it is actually mostly about transmitting what you as a photographer are feeling when making your images. So be sure to have fun and enjoy what you are doing so many others can also enjoy Nature and its beauty through your passionate images.



TO DISCOVER MORE OF TAMARA'S WORK,
VISIT [TAMARABLAZQUEZ.COM](https://www.tamarablazquez.com)



INSPIRATION GALLERY

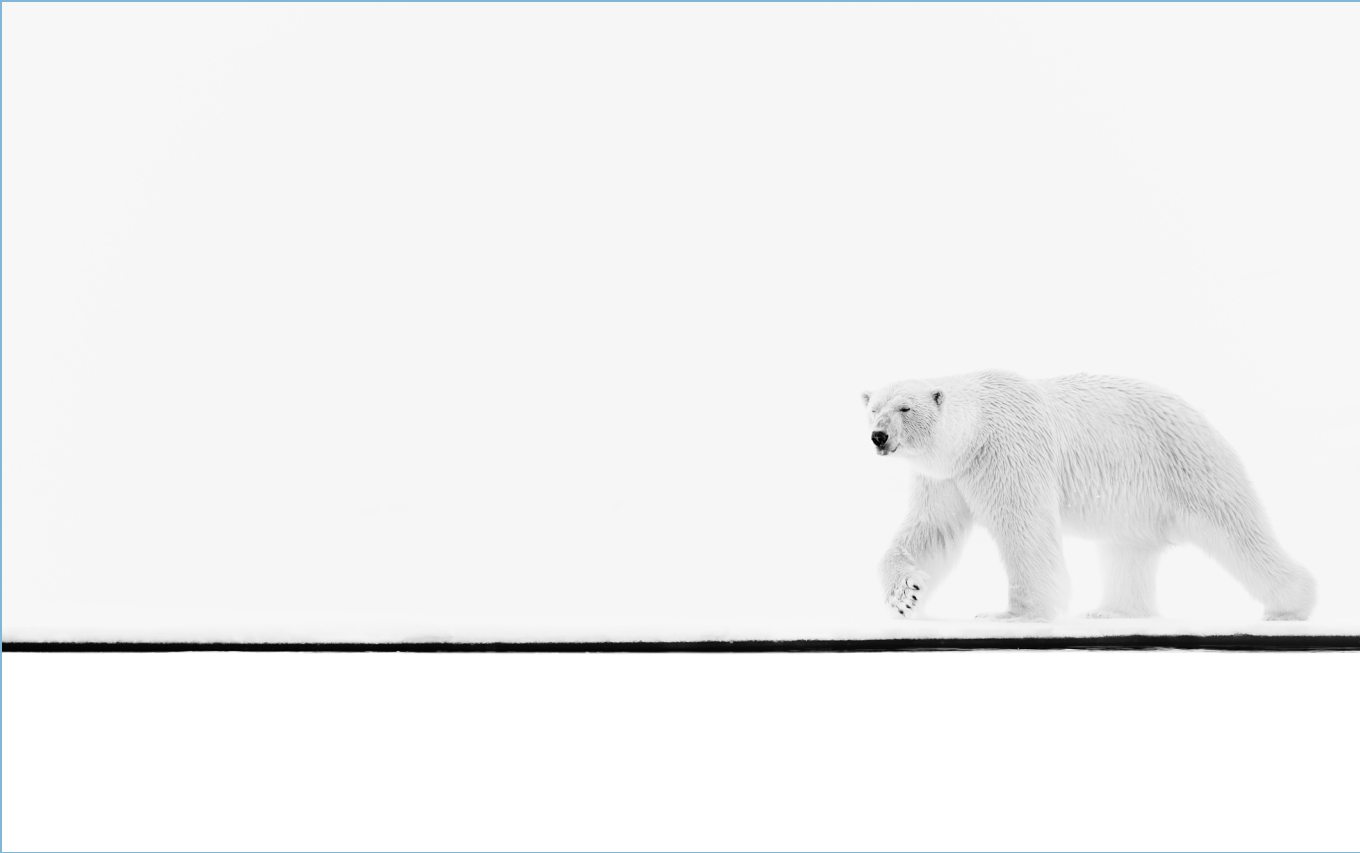
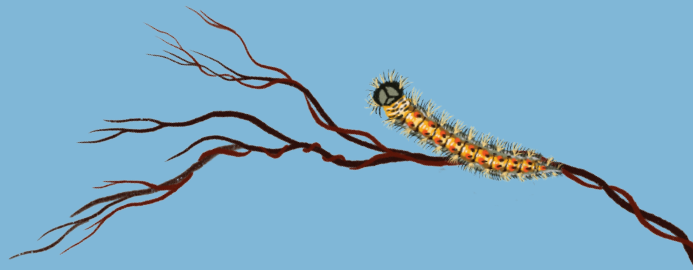
Find more inspiration at [ReWildYourself.com](https://www.rewildyourself.com)



Art of Courtship © Rachel Bigsby



The Fisherman © Rachel Bigsby



Randyr © Rachel Bigsby



Eyes of Emerald © Rachel Bigsby





Meet Rachel

Rachel Bigsby

Considered to be a leading wildlife photographer amongst her contemporaries, Rachel Bigsby is a 27-year-old self-taught wildlife photographer carving an awe-inspiring career with her passion for seabirds and her flare for capturing natural artistry.

Rachel is a winner in five of the world's most prestigious

competitions, including as the winner of 'Natural Artistry' in Wildlife Photographer of the Year and the portfolio winner in Bird Photographer of the Year. She is also a Nikon creator, a published photographer by National Geographic, a photographer for the RSPB and the National Trust and an ambassador for Badger Trust.



TO DISCOVER MORE OF RACHEL'S WORK,
AND HER YOUTUBE CHANNEL 'WILD LIFE' SHARING PHOTOGRAPHY INSIGHTS,
VISIT [RACHELBIGSBY.COM](https://www.rachelbigsbys.com) AND [YOUTUBE.COM/@RACHELBIGSBY](https://www.youtube.com/@rachelbigsbys)

Photography tips from Rachel

Rachel Bigsby



1.

When you're photographing birds in flight, put the wind and sun at your back...

Birds generally fly into the wind, and when they are flying toward you at an angle, they are in the best position for pleasing flight images. Birds fly much slower into the wind, which makes them easier to track, and having the sun at your back illuminates them nicely!

2.

Try to understand the behaviour of your subject before you photograph it...

By gaining an insight into our subject's habitat, behaviour, ecology, biology and patterns, we are in a stronger position to photograph ethically and effectively. This simple observation and study will allow us to better predict when to press our shutter as, with experience, we will begin to recognise the often fleeting signals and indicators of desired behaviours. Importantly, understanding the tolerance levels and natural behaviours of our subject can also help us to monitor how our presence is affecting the animal.

For example:

Before leaving their colonies or taking off, Gannets will 'sky point'. This is the act of tipping their heads back and bills skyward. To ensure that one parent remains on the nest at all times, a Gannet will 'sky point' as a signal to its mate that it is about to take off. As a photographer, this behaviour is a signal to you too, to keep focussed on the bird if you wish to capture the classic flight shot.

Understanding your subject's ecology and biology is also important if you wish to capture niche behaviours that only happen at certain times of year, like capturing the classic photo of a Puffin with sandeels in its beak.

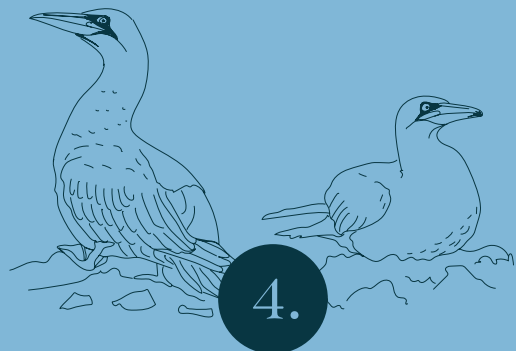
3.

Work with the weather...

The very nature of wildlife photography is uncontrollable. There are many variable factors such as the behaviour of a wild animal, the weather, the timetables of boats and islands etc. To maximise success, it is important to 'make do' with at least one of these uncontrollable factors by learning to work with the weather conditions. For most, rain and clouds are an enemy, however, they are my favourite conditions. Rather than focussing on the negatives like flat light or high ISO's, look for the positives!

For example:

- On cloudy days, experiment with exposure compensation to obtain a 'high key' effect.
- In stormy weather or with distant subjects, look for new angles that convey a sense of scale, drama, fragility or resilience.
- In harsh light, underexpose for a backlighting and 'low key' effects.



4.

Let your passion and enthusiasm guide your photography!...

When you photograph subjects that you truly love, your images will often capture overlooked details to create unique work and create greater success as you truly can empathise and understand your subject. You will also feel more resilient and determined to bounce back and keep growing when you are spending time with a subject that makes you happiest!

FIELD NOTES



**TO WATCH
THE PATHWAYS COME
TO LIFE IN ANIMATION
VISIT OUR WEBSITE**

www.rewildyourself.com/time



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

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?



FIELD NOTES



If you would like to share your insights with us on Instagram, go to [@rewildyourself](#) #ItsTimeToReWildYourself

Make a list of all the beauty – big, small, spiky, smelly, scary
– that you can think of, or find in Nature?

Does finding beauty in Nature change how you
think about the world and Nature? How?



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' PARTNERS



Special Acknowledgments

Svabhu Kohli – *full colour artwork*

Tamara Blazquez Haik

Rachel Bigsby

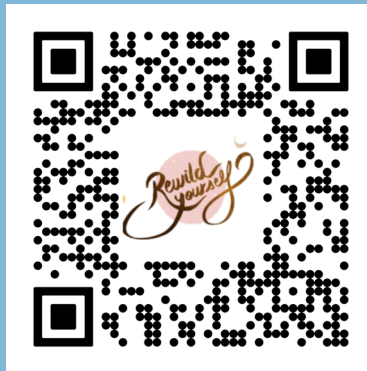
Thank you for being a Voice for Nature!





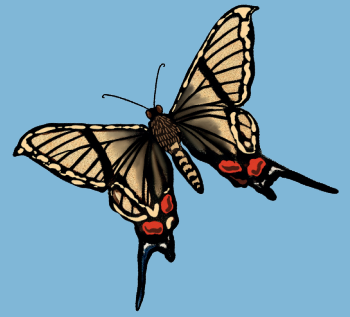
It's time to Rewild Yourself

Join the community and spread the word...



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 MONTHS | 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.

This June – October, journey through the five pathways with us and connect more deeply with Nature...

BEAUTY | SENSES | 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 – spaced over 5 months – 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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