



# Compassion

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OCTOBER CHALLENGE

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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.



## 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.*



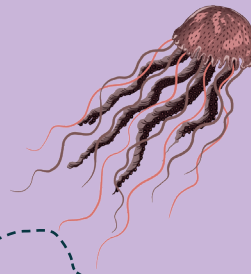
## Beauty

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



## 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.*



## 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.*



## 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.*



Let's go...

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

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## Your checklist for a mini adventure connecting with Nature

*Compassion is all around – let's get ready to tune into Nature, and celebrate those caring for her...*



### Pack your curiosity

The world is awe-inspiring and full of wonder. How much do you know about your favorite critter, season, river, Nature spot...? Stay inquisitive.



### Get your detective magnifying glass ready!

Look around and really notice. Investigate signs and symptoms. How could you help Nature be healthier?



### Gather your courage

Positive actions are underway all around us. Ready to add to it? Think small or big, no initiative goes unnoticed! Volunteering, donating, planting, litter collecting...



### Uncover the seeds of inspiration

It's almost impossible not to be inspired by positive actions. Let's create a snowball effect of compassion for Nature.





# Compassion

Let's connect to Nature  
through COMPASSION...

Does Nature inspire you to feel  
*compassion* and care?



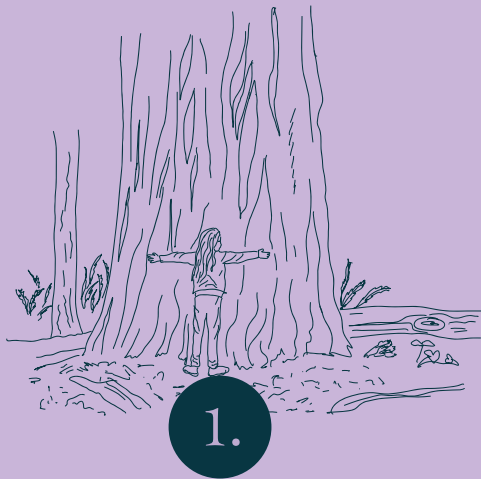
# Compassion

## NOMINATE YOUR LOCAL HERO!

*Celebrate compassion for Nature in your backyard*

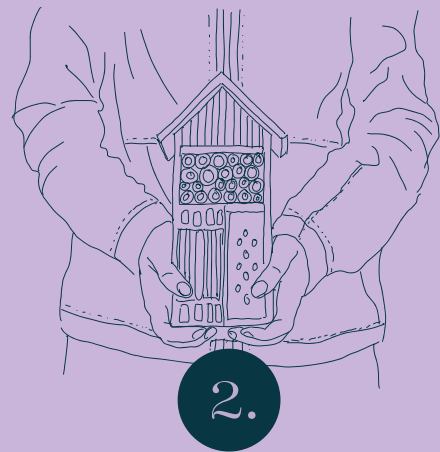
This month's challenge invites you to look around and reflect.  
Consider your friends, family, teachers, colleagues... Nature.

**SEND US THE NAME OF SOMEONE CLOSE TO YOU THAT INSPIRES 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!



3.

**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](https://www.rewildyourself.com/time/local-hero-nomination)

Or submit via email at...

[hello@voicefornature.com](mailto:hello@voicefornature.com)



# Meet Laurie

## *Laurie King*

As a writer, researcher, and guide, Laurie supports people to grow and develop through Nature connection. Her interest in how humans relate to Nature, and why, has inspired a fascinating journey: environmental activism with indigenous groups, community gardening, a PHD on the intersection between foraging and conservation, co-editing,

and most recently, becoming a Wilderness Therapeutic Practitioner and rites of passage guide. We selected Laurie as a Champion as she has experienced first-hand the transformational effect of profound encounters in Nature to improve lives. She is also dedicated to passing this gift on, through her wonderful writing and facilitation work.



LAURIE 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)



# Nominating your local Nature hero: who to choose? – Tips from Laurie

*Laurie King*

Having recently worked closely with many Nature heroes for the book *Wilder Journeys: True Stories of Nature, Adventure & Connection*, we asked Laurie for tips on how best to spot a Nature hero when we see one...

**Below are some qualities and questions that we can ask ourselves when uncovering some of the inspiring people in our orbit...**



Someone who encourages others to connect with, or learn about, Nature.

Perhaps a teacher or a filmmaker you know?



Someone who speaks or advocates on behalf of Nature.

Maybe a campaigner or a conservationist?





3.

Someone who does their best to live in harmony with Nature.

Do you have a neighbour who lives in an eco-home, or who makes their own beauty products from natural materials?



4.

Someone who actively encourages biodiversity.

Maybe you know someone who plants trees, tends a wildlife garden, or does rewilding on their land?



5.

Someone who inspires you.

Can you think of someone who has a skill or relationship to Nature that you feel you'd like to learn too?



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TO DISCOVER MORE OF LAURIE'S WORK,

VISIT [WWW.LAURIEKING.ORG](http://WWW.LAURIEKING.ORG) OR [INSTAGRAM.COM/LAURIEINTHEWILD](https://www.instagram.com/laurieinthewild)

# Laurie's Nomination

*Laurie King*

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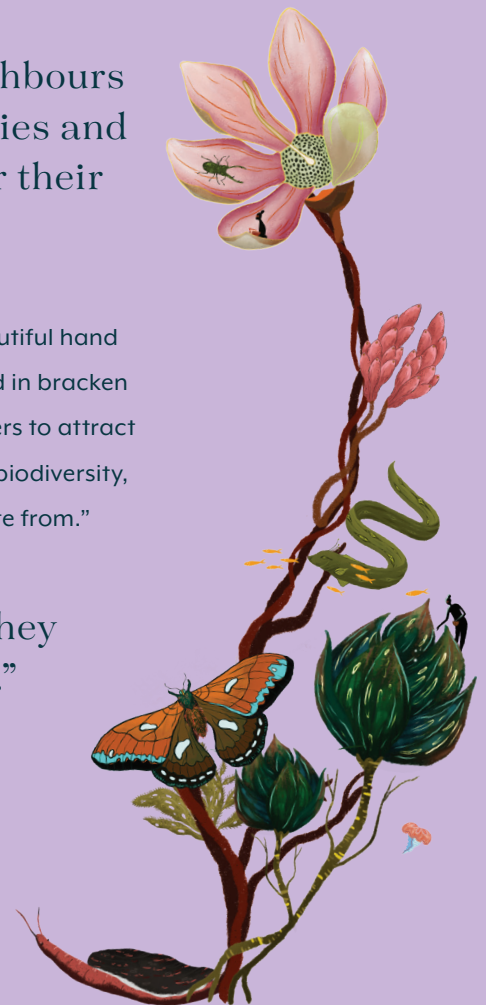


Catherine and Pascal supplied by Laurie King © Laurie King

“I’d like to nominate my next door neighbours as my Nature Heroes – Catherine Davies and Pascal Carr. I’m nominating them for their lifestyle choices.”

“They grow willow on their croft (smallholding) to create beautiful hand weaved baskets. They have also turned a plot of land covered in bracken into a garden, growing much of their own food and also flowers to attract pollinators. They are passionate about creating a haven for biodiversity, which they see themselves as part of, rather than separate from.”

“To me, they are very inspiring – they help me to see what is possible.”



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## Meet Ella

*Ella Richmond-Pearson | Bertha Earth Alumni*

Ella has just started her second year at the University of Exeter, where she is studying environmental science. For her, compassion for Nature is about being aware of how her actions impact the environment, immersing herself in the natural world, and actively caring for the Nature

around her. Through the Bertha Earth Changemaker programme, she started the Forests for Futures campaign to educate young people in her community about the importance of trees and supporting them to take action.



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TO DISCOVER MORE ABOUT ELLA'S WORK, AND FORESTS FOR FUTURES  
VISIT [INSTAGRAM.COM/FORESTS\\_FOR\\_FUTURES](https://www.instagram.com/forests_for_futures)

# Compassion through the eyes of Ella

*Ella Richmond-Pearson*

Compassion for Nature isn't just about appreciating its beauty.  
It's about taking meaningful steps to protect it.

Whether through simple daily habits or larger projects, we can all make a difference. By doing this, we can also show compassion towards ourselves by restoring the balance of Nature we have disrupted, such as by mass deforestation. Restoring Nature will create a healthier environment for humans to live in.

Local heroes for Nature are all around us — they're the people who take action to protect the environment, inspire others, and lead by example. Whether through big initiatives or small daily habits, each of us has the potential to be a local hero for Nature. All it takes is a bit of compassion, a desire to make a difference, and the willingness to take that first step.



1.

## Enjoy Nature mindfully

If I were to encourage others to show compassion for Nature, I'd suggest starting with something simple that you enjoy, like going for a walk in Nature. Really take the time to notice your surroundings — identify a plant or simply appreciate the beauty around you. This connection is the first step.



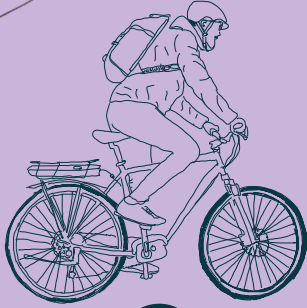
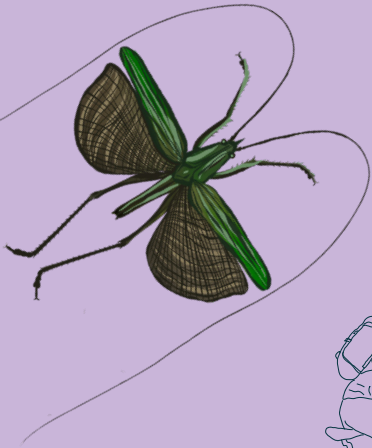
2.

## Reflect on the compassion of others

Who do you know who has shown some compassion for Nature? A big influence in my life has been my grandad, who has always shown deep compassion for Nature. He's always been mindful of our impact on the environment, teaching me the importance of not wasting anything and reusing what we can. My grandparents live in a sustainable house with air sourced heat pump and garden where they grow lots of their own food, which I've always loved helping with. Their way of life has had a big impact on me.

TO DISCOVER MORE ABOUT ELLA'S WORK, AND FORESTS FOR FUTURES

VISIT [INSTAGRAM.COM/FORESTS\\_FOR\\_FUTURES](https://www.instagram.com/forests_for_futures)



3.

## Remember you matter

It's common to feel like your individual efforts won't make much of a difference, but it's important to remember that if everyone thought that way, our environment would be in even worse shape. On the other hand, if everyone showed compassion for Nature, the collective impact would be significant. By focusing on what we can achieve, we can overcome that feeling of helplessness and make meaningful strides in protecting the natural world.

Where you can, consider the impact of each decision you make on Nature. Do this in day-to-day life, such as when purchasing items or when choosing modes of transport.



4.

## Identify local issues

To take further action, think about where Nature might be struggling and how you can help. For me, that was addressing deforestation by helping young people in my community reconnect with Nature through tree planting. Then, take the practical action— I developed engaging presentations, set up sessions, delivered talks about trees and supported the young people to plant them.

You could find a local issue that needs attention and think about practical ways to contribute. Once you've identified an environmental issue, take practical steps to address it. You might organize a community event, volunteer for a local project, or start a similar initiative.



TO DISCOVER MORE ABOUT ELLA'S WORK, AND FORESTS FOR FUTURES

VISIT [INSTAGRAM.COM/FORESTS\\_FOR\\_FUTURES](https://www.instagram.com/forests_for_futures)



5.

## Find your motivation

My motivation partly came from learning some shocking facts at school about how quickly humans are destroying Nature. I remember being horrified when I learned that a football field of forest space is destroyed every five seconds. That realisation made me feel that I had to do something to help.



6.

## Overcome challenges

I've faced challenges along the way, like figuring out how to engage different age groups and continuing my efforts after moving to university. Stay positive, there's always a solution to a challenge you might encounter. I'm planning to continue the campaign this winter in Cornwall.



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## Meet Lisa

*Lisa Hoerning | Bertha Earth Alumni*

Lisa has just finished a year of travel and is about to start studying Geography and Politics at the University of Exeter. Over the years she has been involved with various environmental initiatives, organisations and started her own project through the Bertha Earth Changemakers programme. Though Nature has always been part of her life, she started to rediscover and reconnect with the Nature around her

more recently. As a child, she was always happiest in the outdoors, but as life got busier, seemed to lose this connection. Through opportunities within school she learnt a greater level of appreciation for the natural world again; training for a hiking competition on Dartmoor was where she learnt to respect Nature's strength and feel a responsibility to protect the natural world around her.



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TO DISCOVER MORE ABOUT LISA'S WORK  
VISIT [LINKEDIN.COM/IN/LISAHOERNING](https://www.linkedin.com/in/lisahoerning)



# Compassion through the eyes of Lisa

*Lisa Hoerning*

Compassion for Nature, to me, is about recognising that our own well-being is tied to the well-being of the planet.

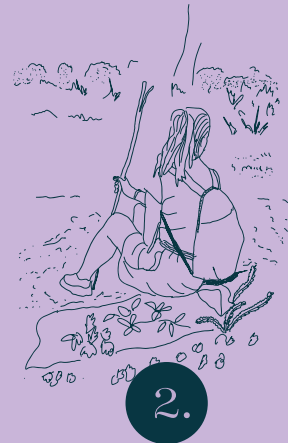
Therefore, to show compassion towards the natural world is to show compassion to ourselves. We're only temporary guardians of this earth, and we have a responsibility to

ensure it is passed down in good health; we have an amazing opportunity to rewrite the wrongs of previous decades and instead pave a future of prosperity for our planet.



## Find community

I've always felt compelled to stand up for Nature. As I learned more about the damage happening to the world around me, I got involved in movements like the school climate strikes and applied to join the Bertha Earth Changemakers programme. I wanted to be part of a community of like-minded people and learn more about the environmental movement. That time was transformative for me, as I began working on personal projects and dedicating more time to the cause.



## Reconnect with Nature

One of the most important things I've learned is that reconnecting with Nature helps you slow down and stay present. It reminds us to be more gentle to ourselves, we should let it guide us. Through this connection, and doing things like hiking, surfing, and witnessing firsthand the declining biodiversity, eroding coastlines, and pollution, I've been able to appreciate the small details in life and be kinder to myself.



TO DISCOVER MORE ABOUT LISA'S WORK  
VISIT [LINKEDIN.COM/IN/LISAHOERNING](https://www.linkedin.com/in/lisahoerning)



## Hold Nature in Your Consciousness

Simply being more aware of Nature in your daily life can help you notice how things are constantly changing. Compassion for Nature can start with this awareness — just holding space for Nature in your mind.



## Turn Learning into Action

Once you start noticing Nature around you, turn what you learn into action, very small or very big — we need it all! Nature doesn't have a voice so we need to speak for it.

I've expressed my compassion for Nature by getting involved with climate strikes and environmental programmes. Whether it's global or local, through activism, volunteering, or small changes in your daily routine, you can find ways to stand up for Nature and protect it.



## Find what already exists

I found avenues to enter into the internal structures of environmental charities, the likes of the RSPB, EarthEcho and Groundwork. I've been involved in shaping reports and policies, leading Nature summits, and developing my personal values and motivations. I know I'm just at the beginning of a lifelong journey to deepen my compassion for the natural world.



## Don't be hard on yourself

Of course, there are challenges — society constantly pushes us to work harder and consume more, making it difficult to take the time to notice the Nature around us. It's easy to overlook the bird flying overhead or the plants growing through cracks in the pavement. Balancing my environmental work with being a young adult hasn't always been easy, but I've learned to prioritize the things that matter.

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VISIT [LINKEDIN.COM/IN/LISAHOERNING](https://www.linkedin.com/in/lisaHoerning)



## Be inclusive

I have been inspired the most by those of my grandparents age and older – from my Grandad to the XR activists whose knowledge of the natural world is incredible and precious. There is a lot of emphasis and pressure that young people are the future, that young people are the changemakers and that young people now hold the responsibility to ‘save the world’. By saying this, we unconsciously remove older generations from the conversation, responsibility and solutions; we need the wisdom, experience and compassion from these age groups desperately. Diversity of thought is vital for finding solutions to complex problems and this includes diversity in age.



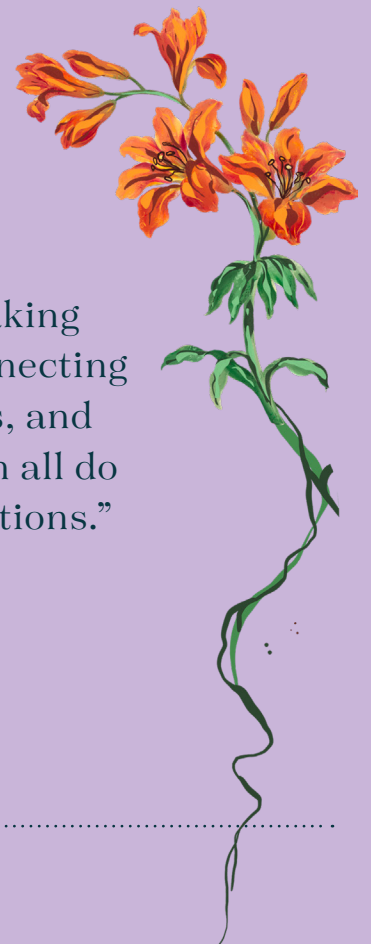
## A new perspective

Through my work on youth councils and boards I was inspired to learn more about Nature. The other young people I worked with could tell you the name of a bird from its chorus and the intricacies of a coral reef ecosystem, when they walked through a forest or walked along a shoreline, I got to witness their joy and love for what was around them. They saw the natural world in a way that was completely new to me; yearning to feel this too, I went on a search to understand the world around me in a way I had never before.



“In the end, compassion for Nature is about taking responsibility for our role in the world. By reconnecting with Nature, being aware of it in our daily lives, and taking meaningful action – big or small – we can all do our part to protect the planet for future generations.”

~ Lisa Hoerning



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TO DISCOVER MORE ABOUT LISA'S WORK  
VISIT [LINKEDIN.COM/IN/LISAHOERNING](https://www.linkedin.com/in/lisahoerning)



# Celebrating the 2024 ReWild Yourself Champions

The ReWild Yourself Champions programme celebrates the amazing work of individuals whose dedication and passion inspires us all to tend to our relationship with Nature.

As you'll see through their work, caring for Nature can take many shapes...

In line with the Compassion Pathway Challenge, we'd like to celebrate these heroes, working locally and beyond, with care, compassion and courage for Nature. If you're yet to discover their outstanding work, scurry over to the ReWild Yourself Champions page and get acquainted. You won't regret it.

VISIT [REWILDYOURSELF.COM/CHAMPIONS](https://REWILDYOURSELF.COM/CHAMPIONS)



Louis VI

Musician, Filmmaker, Zoologist, and Nature Presenter

[MORE ABOUT LOUIS VI](#)



Tatiana Lopez

Visual Artist and Anthropologist

[MORE ABOUT TATIANA](#)



Kai Njeri

Regenerative Systems Thinker

[MORE ABOUT KAI](#)



Nicola Chester

Author and Activist

[MORE ABOUT NICOLA](#)

Discover all ten Champions, each inspiring quality  
Nature connection in their own way.

VISIT [REWILDYOURSELF.COM/CHAMPIONS](https://REWILDYOURSELF.COM/CHAMPIONS)



**Ben Mirin**

Acoustic Biologist and Wildlife DJ

[MORE ABOUT BEN](#)



**Svabhu Kohli**

Artist and Visual Storyteller

[MORE ABOUT SVABHU](#)



**Sam Lee**

Activist Through Song

[MORE ABOUT SAM](#)



**Pandora Thomas**

Caregiver, Teacher, Writer, Designer, and Speaker

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**Laurie King**

Writer and Guide

[MORE ABOUT LAURIE](#)



**Tamara Blazquez Haik**

Journalist and Wildlife Photographer

[MORE ABOUT TAMARA](#)

# FIELD NOTES



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

[www.rewildyourself.com/time](http://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 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?



# FIELD NOTES



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



What can you change in your daily routine to help Nature?



Make a list of things you could bring on your next walk to help Nature. *Gloves for litter picking, bird seed...*



# 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

Laurie King

Ella Richmond-Pearson

Lisa Hoerning

Bertha Earth

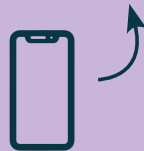
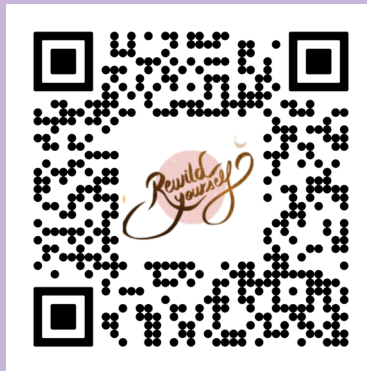
## Thank you for being a Voice for Nature!





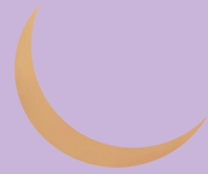
# It's time to Rewild Yourself

Join the community and spread the word...



Click below to find more Nature connection fun and resources... Or share with friends via the QR code above.

**REWILD YOURSELF**



# 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](https://rewildyourself.com)

[voicefornaturefoundation.org](https://voicefornaturefoundation.org)

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