



Put yourself in the shoes of a "hunter-gatherer" and use your senses to understand nature and the complexity of natural ecosystems.



Learning experience



Topics

Flora



60 minutes

Nature connectedness and environmental engagement



Participants

- are more connected to nature
- are aware that humans are capable of understanding nature with their senses (fauna, flora, landscapes, etc.)
- understand the complexity of natural ecosystems
- are able to gain knowledge thanks to the flora



Suitable for outdoor sport instructors (and course participants)



Practical sessions



Outdoor F2F



Materials needed

No



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## Activity instruction

The idea is that every human being is able to "connect" to nature through his senses. For this, you just need to take the time to use your senses. Especially thanks to the plants, we are able to connect to nature. Each of their shapes, their smells, their colours, their textures, their tastes has a meaning that we humans are still capable of deciphering

## Reflection and discussion

Once this "immersion" is done, once the public begins to understand the functioning and the extraordinary potential of nature, then we can discuss many subjects, eco-responsibility, global warming, the need for ecological transition, etc.



## Background knowledge

The facilitator can modulate the provision of information according to the level of the group with which he intervenes. Therefore, the facilitator must first assess the level of his group.



### Key words

#nature awareness #nature connectedness  
#flora  
#landscape



### Source

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