NATURE CONNECTIONS

Building new connections with the world around us.

Learning experience

Topic

Nature connectedness and
environmental engagement

20min-60min

LEARNING OUTCOMES

Participants

- Recognize connections between nature and outdoor sport
- Have a higher nature awareness and connectedness
- Appreciate our role in protecting the areas that we visit

Suitable for
outdoor sport instructors
(and course participants)

Practical sessions
Theoretical lessons

Outdoor F2F
Indoor F2F
Digital

Materials needed

Enough paper and pencils for each participant

More activities under see-project.eu

NATURE CONNECTIONS

Building new connections with the world around us.

Preparation

Give each participant a piece of paper and a pencil. Have participants make three columns with the headings:

- Things in Nature
- Things We Have in Common
- How it Helps Me

Activity instruction

Have participants observe their environment physically (if they are outdoors), or mentally (if they are indoors). They must find objects in nature and say what they have in common with each object. Make sure they consider less noticeable things such as air, soil, and sun.

Here are some examples:

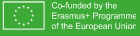| Thing in Nature	Things we have in common	How it helps me
Tree	We both have an outer layer to protect us: bark/skin	A tree gives me oxygen
Soil	We both contain minerals	Soil helps grow my food
Ant	We both need shelter	Ants loosen the soil

Potential variation

Use examples that relate to your outdoor sport. For example, cliff nesting birds for rock climbers, tree moss and Mountain Bikers.

Reflection and discussion

Have participants share one or more of their connections to nature. Help them to discover that this personal connection is where a commitment to environmental stewardship begins. Protecting our natural world is one of the goals of responsible outdoor sports. Work with bullet points

Key words

#nature connection
#nature awareness

Source

101 ways to teach Leave No Trace

Presented by

Noel Doyle
(Leave no trace Ireland)