



Shifting the attention and awareness from being social to nature by simple searching tasks.



Learning experience



Topics

Nature connectedness and environmental engagement

Flora



30-45 minutes



Participants

- Have an increased nature awareness and nature connectedness
 - Have basic knowledge on local plants/flora
- Understand the very subjective interpretation of nature and are able to exchange perspectives with other participants



Suitable for outdoor sport instructors and course participants



Practical sessions



Outdoor F2F



Materials needed

List of items



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Preparation

Have enough lists of items printed out for the number of participants. If you don't want to print out the list you can let the participants take notes of the items on the list or use their phone to take a picture of the search list.

Have the group in a natural area, preferably while walking/hiking, but it is also possible at a resting point.

Activity instruction

The main goal is to focus the attention of participants to nature around them (and away from other participants and talks, the trail etc.). Therefore, the educator or guide gives everybody a list of (around 6) items the participants need to collect. He/she can define a certain point where the search starts and ends or time they are given.

The list may contain something that:

- Is beautiful
- Reminds you of something beautiful
- You can eat
- Is resilient
- Has adapted to the place and living conditions in a special way
- Makes sounds
- Is not natural
- Could be the requisite in a science fiction film
- May be part of a fairy-tale
- Is blue
- Shows signs of weather
- Has adapted to height or drought
- Shows signs of climate change
- Is invasive
- Shows traces of wild animals
- Etc.



GO AND FIND



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Reflection and discussion

After a period of searching, gather the group in a circle to share impressions and invite participants to share what they did find for each task and why they chose it. Based on the items you have chosen there will be stories to tell.

In addition to focusing the attention to phenomena in nature, participants will learn something from each other like what plants are edible or how plants adjust to climate change.

However, during the reflection it will also become obvious that we all have a very different interpretation of nature and a lot of interesting personal stories that are linked to it.

Pay attention if you are moving in an area with protected plants. If so, ask participants to take photos instead of picking items.

Also, pay attention if you are hiking in an area where leaving the trail or not focusing on the trail might cause security issues



Potential Variations

Based on the selected items you may use follow up methods to go deeper into wild flora and fauna, climate change, invasive species etc.

If you are unsure about species, you can also use an identification app for further discussion.

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Background knowledge

Basic knowledge on the local flora can be helpful but is not essential. In general, the focus should not be to identify and name flowers and plants correctly but to know some stories and knowledge that your audience might be interested in, e.g. plants that are being used for local medicine or drinks etc.

Literature

Publication of the German alpine club on Flora Stories, available online in German under file:///C:/Users/gi63xet/Downloads/1606-Pflanzengeschichten-Broschuere_OL.pdf

Saitner, A. (2016). Pflanzengeschichten. Brauchtum, Sagen und Volksmedizin zu Pflanzen der Alpen. Deutscher Alpenverein: München.



Key words

#nature awareness
#nature connection
#flora
#invasive species



Source

JDAV



Presented by

Barbara Eigenschenk
TUM

Materials

Example searching list

Go and find something that ...

- you can eat
- is making sounds
- reminds you of something beautiful
- is not natural
- could be the requisite in a science fiction film
- has adapted to the weather and living conditions



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