

Interconnectedness: being connected to nature

Lesson 2



This project has received funding from the European Union's HORIZON CSA HORIZON Coordination and Support Actions under Grant Agreement No. 101059900.



Observing a tree



- Stand up and “move” very slowly from heel to toe, without moving.
- Silently observe what the tree looks like. Look at the trunk, branches and leaves. Observe whether the tree is still or moving. What do you hear?
- Take a few deep breaths while observing and be aware of how you feel.



River landscape



Interconnected- ness

In nature, all living beings
are connected.

What interconnectedness
do you see here?



Woodlice



How do woodlice react when you take their "protection"?

Interconnectedness refers to the way in which all things in the world are connected. Explain the example of woodlice.



Humans are part of the natural world and connecting with it matters - for our own wellbeing, our understanding and to inspire us to protect nature. There are **five key ways** to improve our relationship with nature:



Contact

Learn... _____

Use the senses to fully engage with nature.

Do... _____

- Listen to birdsong.
- Smell wild flowers.
- Watch the breeze in the trees.
- Walk barefoot outside.
- Taste blackberries from hedgerows.



Emotion

Learn... _____

Engage emotionally with nature.

Do... _____

- Find joy in wildlife at play.
- Wonder at a spiders' web.
- Find calm whilst near water.



Beauty

Learn... _____

Use the natural world as inspiration for something creative.

Do... _____

- Create some wild art.
- Paint an insect's amazing colours.
- Take a photo of a flower.
- Visit an amazing view.



Meaning

Learn... _____

Notice how nature appears in songs and stories, poems and art, and celebrate the mystery, signs and cycles of nature.

Do... _____

- Create a story about a tree.
- Map the journey of a bee.
- Read folk-tales about nature.
- Celebrate the longest day, the first swallow or the falling leaves.



Compassion

Learn... _____

Help to take care of nature through action.

Do... _____

- Feed the birds.
- Plant some wildflowers.
- Take part in a beach clean.
- Dig a pond.
- Put up a nest box.