**Pathways have a go session**

**Session Overview:**

This session is designed to build upon the information presented on the Pathways to enable attendees to experience nature through them while also being a chance to get up and move around after the session has taken place. A natural space will be needed or alternatively, indoor aspects of nature (such as plants or flowers) can be used to help provide opportunities for meaningful engagement for Nature Connectedness.

The session is comprised of three activities that draw upon the Pathways to help experience a reconnection with nature. They can be modified to suit the location and time available if desired as long as the Pathways themselves are still used as the frame in which the activity is conducted.

**Session Plan:**

Attendees will be split into groups of 6 to 8 to help facilitate the activity and resulting reflection. Each activity should take around 20 minutes to complete.

Activity 1: Contact through the Senses (**Contact, Beauty, Emotion**)

The groups of 6 to 8 pair up with one another and take it in turns to do the following. One person closes their eyes and is guided by the other person in the pair to an aspect of nature where their senses can be employed. This can be touch, smell, sound etc. or a combination of the three. Once they have engaged with nature in this way, they are led away from the aspect of nature they have engaged with. The individual who was guided is then disorientated slightly and then, upon opening their eyes, goes in search of the nature they engaged with (along with their partner), utilising their senses to find it. Once they have done so, the pair swap roles and repeat the same exercise.

**Note: Some people enjoy going barefoot if grass is present so this can also be encouraged if suitable and safe to do so.**

Activity 2: Noticing the Good Things in Nature (**Contact, Emotion, Beauty, Meaning, Compassion**)

Upon completion of activity 1, the pair then go in search of the good things they can find in nature. Anything is permissible as long as the person considers it to be good in their estimation. Attendees should be encouraged to consider how nature makes them feel, why it is good to them, and what they would do to take care of it. Ideally each member of the pair should notice three good things and discuss them with their partner.

Activity 3: Reflection (**Contact, Emotion, Beauty, Meaning, Compassion**)

Upon completion of activity 2, the pairs should return to the larger group of six to eight whom they were originally with. Here they should reflect upon their experiences in the two activities with the wider group and share not only what happened but how they felt, what the experiences meant to them and how they would ensure others could have the same opportunity in experiencing it.

On completion of the three activities, get the groups to feedback to the wider group if there is time about their experiences. Consider writing them on a flip chart or similar to help capture the experiences and reflections.