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ONLINE LEARNING



NATURAL
ENGLAND



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Let nature be your story

NCI Phase 3:
Experiencing the Pathways



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Nature Connectedness Research Group
derby.ac.uk/NCxRG

Experiencing the Pathways

- Rather than simply learn about the pathways, it is important to experience them first hand
- So to do this there are three activities for you to have a go at
- Your first task is to get into a smaller group of between **six to eight**
- Within this group you should then **split into pairs**

Activities

Activity 1: Contact through the Senses

- In your pairs one person closes their eyes and is guided by the other person 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 you have engaged with nature in this way, you will be led away by your partner and disorientated slightly. Your task will then be to find the nature you engaged with (along with your partner), using your senses to find it. Once you have done so, swap roles and repeat the exercise.

Activities

Activity 2: Noticing the Good Things in Nature

- In your pairs you should explore the natural space and search for at least **three** good things you can find
- Talk about them with your partner and focus on:
 - How it makes you feel
 - Why it is a good thing to you (perhaps its significance to you or how it looks)
 - What you would do to take care of it

When you have finished, re-join your larger group

Activities

Activity 3: Reflecting on your experience

- Once you are back in your larger group, discuss your experiences of the two activities with one another.
- Share not only what happened but also:
 - How you felt
 - What the experience meant to you
 - How you would ensure others could have the same opportunity in experiencing it
 - What could you take from the activities to use in your own work to reconnect people with nature

Plenary

- What were your experiences of using the Pathways?
- Each group should summarise their experiences and relay them to the wider group