



# Pathways in Action: Case Studies



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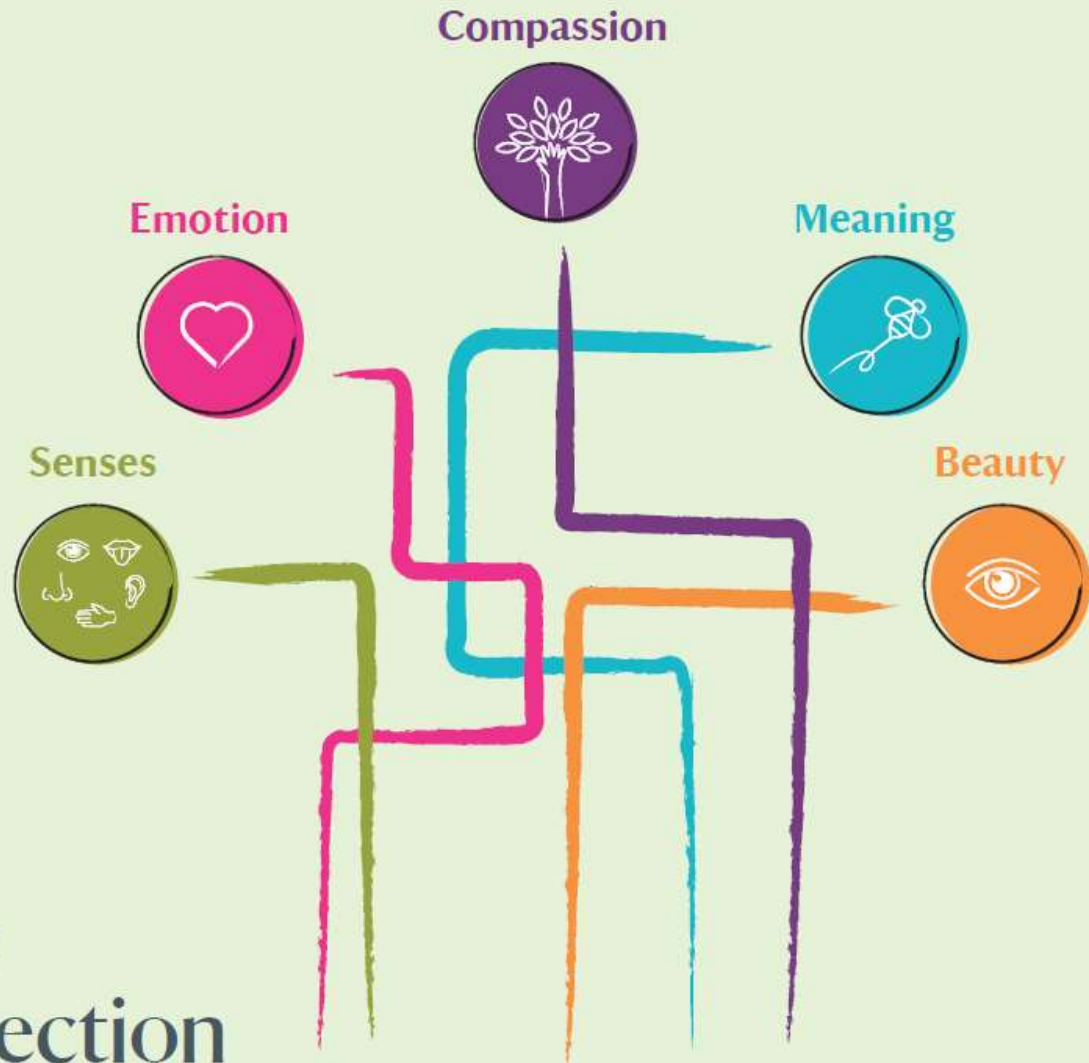


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## 30 Days Wild

- Incorporated the pathways into the 101 activities suggested in the 30 days wild campaign
- Refined existing activities structured around noticing, sharing, doing and connecting made up of various complexities and frequencies
- An example activity went from “go on a lunchtime walk in nature, what did you see?” to “go on a lunchtime walk; what did you see? To go on a lunchtime walk; how did it make you feel?”
- Used with over 900 people, leading to a range of sustained wellbeing, health, pro-environmental and nature connectedness gains



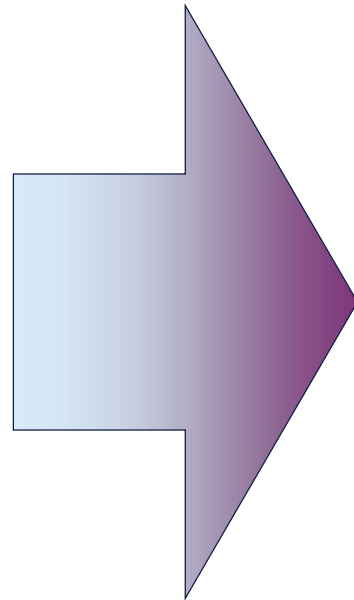


# The five pathways to nature connection



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# Get to know a tree

Trees are amazing, they can grow from tiny seeds to be really tall. They can live to be really old and provide great spaces for animals to make their home. Take time to get to know a tree and see what you'll discover!

**I love trees!**  
Place your sticker/stamp here

Listen to the wind rustling in the leaves and the birds singing.  
what do you think the birds are saying?

Look up through the branches; what can you see?

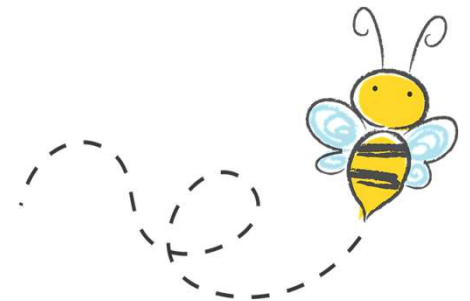
Explore the ground around trees; who makes their home here?

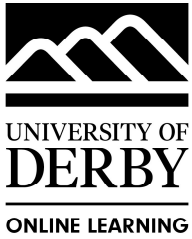
Turn over to make your discovery notes

Get out in your garden, visit the woods, beach, park or a National Trust place and start your adventure today!

## Example Case Studies

- Exploring garden spaces for colours based on a colour wheel (senses & beauty)
- A trail encouraging children to role-play as animals by smelling flowers like a bee, making a mouse den etc. (senses, emotion & compassion)
- Installing natural art features which could be sat on to reflect and notice (meaning, emotion, beauty & senses)
- Workshops to enable people to make homes for nature, creating art using natural materials, sound bathing in nature (senses, emotion, beauty, compassion)





# Department of Conservation New Zealand



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# Department of Conservation New Zealand

- Resources were created for teachers to engage children with nature and to reconnect with it through their lessons
- The pathways were used to engage the teachers and to show them how they could be used in their classroom through activity cards that were inspired by the approach used by the National Trust
- A campaign to engage children with nature through their own 50 things inspired by the pathways was also launched



# A KALEIDOSCOPE OF BUTTERFLIES

MARK BRAYSHAW HEAD OF ZOO OPERATIONS

One of Durrell's goals is to better connect people with nature in order to improve their wellbeing and promote a sense of care and responsibility for our planet. In the zoo we have created a brand new exhibit to help us achieve this - a butterfly (and tortoise) house called 'Butterfly Kaleidoscope'.

The science behind nature connection is an emerging field, and some of the recognised pathways for people to feel connected are through both contact - engaging the senses, and through beauty - appreciating nature's aesthetic qualities.

Our butterfly house will certainly engage the senses. Visitors will be immersed in a warm and humid environment akin to a tropical forest, surrounded by a multitude of butterflies with no barriers between them and the animals, and enjoying the sight and smell of exotic plants. And appreciation of nature's beauty?



# Durrell Wildlife Trust

- Target of 1 million people reconnected with nature by 2025
- Transitioned from mainly focusing on the presentation of facts at Jersey Zoo to reconnecting people via the pathways
- Butterfly house focused on beauty
- Visitor indicated they engaged their senses, experienced positive emotion and noticed nature's beauty after visiting the butterfly kaleidoscope







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