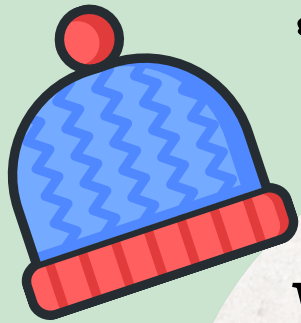
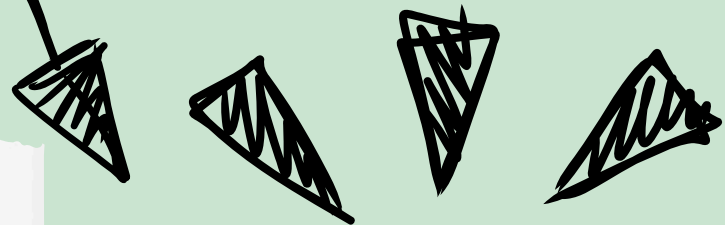
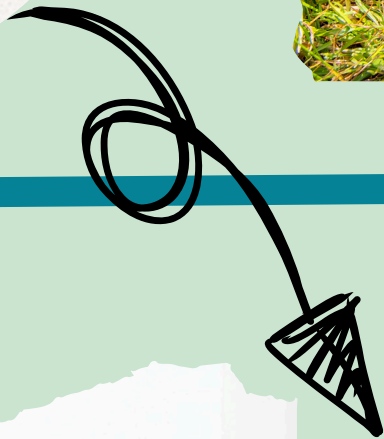


# Week 1 - Nature Connection stroll, using our senses. A 3 minute exercise...



1

Wrap up warm and go for a walk. Somewhere close to you, a familiar route.



2

Take 3 long deep breaths and get ready to count...







3

Can you name  
4 things you can see  
3 things you can hear  
2 things you can smell  
1 thing you can  
(safely!) touch



4

Now repeat,  
but this time try to  
focus on only  
wildlife observations...

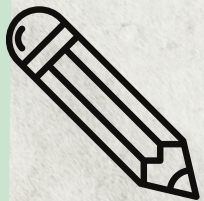




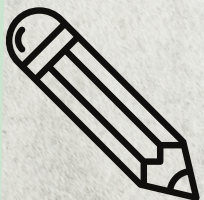
# Reflections



Which sense did you find easiest to notice with?



Did you notice you felt most relaxed when using a particular sense?



What was the most memorable observation you made.  
What sense were you using then?

Do this as many times as you want. Remember to jot down what you find and share on our [Facebook Group](#) if you want to.



**Why are we doing this?**

**Because research shows that people who feel closer to nature are more likely to feel good and to want to help wildlife!**

**Yes! Adapt this to suit you. You could try it sitting in a garden, or just doing the bits you can. Even looking at nature images on a screen has benefits.**

**I find it hard to get outside, can I still take part?**

**Why didn't we explore the sense of taste?**

**MWT aren't foraging experts, so don't give advice on it (except to forage responsibly!) But you could think about wildlife when eating a meal. How has nature helped to provide what's on your plate?**





**Love the sounds of nature?**

**Now is a great time of year to practise identifying bird song as there's just a few regulars to learn. You're probably hearing a Robin, Blackbird, Wren, Chaffinch or Great Tit.**

**Obsessed with nature's beauty?**

**Why not visit a favourite snowdrop spot? We love Kirk Braddan Old Church..**







**Stopped in your tracks by the smells of nature? Wild garlic season is just starting. Give your nose a treat by hunting out a patch. Silverdale Glen has a wonderful display.**

**Are you someone who loves to get hands on? The shingle beach at the Point of Ayre has wonderful textures to explore. But remember to keep dogs away when ground nesting bird season starts.**



**This exercise has been inspired by the University of Derby research on nature connectedness. We hope you enjoyed it.**