



20 ways to make a strong connection with nature.

Outdoor Activities Resource Pack



Contact



Emotion



Beauty



Meaning



Compassion

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 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 and put up a nest.

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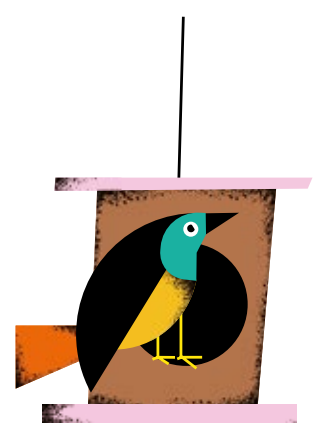


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Inclusive and Accessible



Making adjustments or adaptations for young people with additional needs, medical conditions or disabilities can support and enable them to access activities they may not have had the chance to do so previously.

What this means

Adaptations made for young people should be aimed at improving access to the activity, rather than reducing the challenge of it or changing the focus. This can be done by providing appropriate additional support.

Each young person who participates in these activities, should face a similar degree of challenge, and requirements can be adapted according to each young person's individual needs.

The guiding principle throughout these activities should be that young people are being challenged, while having fun.

In some instances, it may be appropriate to support the young people in your group to understand the adjustments, explaining that being fair doesn't always mean everyone doing exactly the same thing. In this situation, fair is about everyone being able to access the activity and experience a similar level of challenge. The nature of your conversation should take into consideration the age of the young people involved, the specific circumstances and the adaptations being made.

It's entirely up to the leader of the group how to adapt some or all of the activity, in consultation with the young person and their parents or carers.



Things to consider

- Whether the individual requirements can be adapted or whether they need to be replaced by an entirely different activity.
- Whether to change the requirements for one young person or whether it is more appropriate to change them for the group to ensure the young person doesn't feel singled out.
- Adapting some of the individual challenges into a team challenge, so that the young person can use their individual strengths and abilities to achieve a team goal. Again, this avoids one member being singled out.



Meet a Tree

Can you use your senses to find out which tree you met? Trust your partner and get connected to nature.

Time | 20 mins
Cost | Free
Location | Outdoors

You will learn

Value the Outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

Be active

Look after your body by being physically active.

You will need

- Blindfolds
- Access to outdoor space



Before you begin

- Check the location you plan to use. Make sure that there are enough trees for each pair or group, and where possible try and make sure there is a good variety of trees.
- Mark out a clear boundary for the activity, including a starting location.

Tree hugger

1. Everyone should get into pairs or small groups. One person in each pair or group should put on a blindfold.
2. From a set starting location, team members must guide their blindfolded teammate safely to a tree. *Make sure everyone wearing a blindfold walks slowly, with their hands out in front of them.*
3. The blindfolded person should use their other senses to get to know their tree: hug it, smell it, feel for knots or branches, and listen to the leaves rustling.
4. Carefully guide the blindfolded people back to the starting location.
5. Everyone should remove their blindfolds and try to locate the tree they went to, using what they learned about it.



Reflection

Time	Activity
5 mins	This activity was about valuing the outdoors and being active. In this activity you got out into nature and used your senses to learn new things. We rely heavily on our eyes to take in the world around us, but there are lots of things we notice when we use our other senses. When you touched the tree, what textures did you feel? Were there any senses you didn't use? Everyone tried to find their tree once the blindfold was taken off. How did you do it? You also had to trust your partner when you were blindfolded. How did it feel? Did you experience any of the other pathways to nature connection while doing this activity?

Change the level of challenge

Can anyone identify any of the trees they found? Try downloading a tree identification app or looking in a book. You could take pictures of the trees to take away and research later.



Mini Solo



Time | 1hr 5
Location | Outdoors

Can you become one with nature? Take time to explore and connect with the area around you.

You will learn

Be responsible

Believe in doing the right thing, being trustworthy, and doing your best

Value the outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

Let's begin

1. Everyone should find a spot outside where they'd like to spend their solo time. The person leading the game could give people a bit of time to explore the area and choose, or they could give people spaces to explore.
2. Everyone make themselves comfortable and pay attention to what's around them. How can they take it all in? Which of their senses do they tend to use first?
3. The person leading the activity should encourage everyone to focus on a couple of senses at a time. What can people see? What happens if they close their eyes? Can they notice what they hear?
4. People may be able to watch the breeze in the trees or listen to birdsong, for example.
5. The person leading the activity should help everyone to focus on another sense, like touch. What can people feel? Can they find things with different textures, for example, rough tree bark, smooth blades of grass, and cool pebbles? Can they feel the breeze on their skin?
6. People might want to move around a little bit, for example, so they can feel the grass, sand, or earth under their feet. Make sure that people only touch things that are safe and won't cause any harm.
7. Finally, the person leading the activity should encourage everyone to tune into their senses of smell and taste. Do nearby trees and plants have a smell? What is it like?
8. People might not be able to taste things unless an adult knows their stuff with foraging and can identify safe things to eat, like blackberries and wild garlic. If there's no foraging expert, people could focus on whether the air has a taste. Does it feel different to breathe?



Contact

Reflection

Time	Activity
5 mins	This activity was about valuing the outdoors. Were people used to visiting this place, or was it a new environment? What different wildlife did they spot? How did the outdoor space feel different to other outdoor areas? People could think about how the temperature or sunlight felt different, or the different smells they noticed.
	This activity also gave people a chance to think about being responsible. How did people do the right thing during their visit? Perhaps they helped to pick up litter or left a small animal alone even though it was really tempting to pick it up to see it better. Humans have a huge impact on outdoor areas like woodland. How could people do their best to take care of forests? Planting new trees is one of the least expensive ways to reduce carbon emissions – an added bonus is that dedicating space to trees means that there's more space for other life to grow and thrive. Did you experience any of the other pathways to nature connection while doing this activity?



Change the level of challenge

It's up to you how much you guide people through this activity. You could introduce the senses one at a time to provide more structure and support, or you could explain the whole activity and allow people to take their time exploring with their senses in their own order.

If you know what species people are likely to find, why not challenge groups to find a list of animal and plants? You could also encourage people to identify what they find in a more detailed way, for example, looking into differences between species.



Rope Walk



Time | 45 mins
Location | Outdoors

Be brave and test your senses on this adventurous trail.

You will learn

Be courageous

Be able to face your fears, overcome worries, and not back down.

Try new things

Find it easier to meet new people, go to new places, and do new things.

You will need

- Rope
- Natural materials (for example, leaves, twigs, feathers)
- Blindfolds
- Anything to make obstacles



Before you begin

- Set a trail at least 30 metres long, with objects spaced out along the course.
- Tie ropes to mark out the trail, leading to the objects. Try changing the height of the rope for variation.

Blindfolds on

1. The person leading the activity should explain that everyone will have a go at exploring the rope trail with a blindfold on. They will be interacting with the different objects that they find. They must not let go of the rope, but they can take as long as they need to fully explore.
2. The person leading the activity should make sure everyone completes the activity in silence.
3. Decide how many people can safely be on the trail at once. The first participants should put on blindfolds and go to the start of the course.
4. Set the participants going along the trail, ensuring that there is space between each of them.
5. Once at the end of the course, participants can remove their blindfold. Repeat until everyone has had a go.
6. Bring everyone back together to talk about the experience. You could do this as one large group, in small groups or in pairs. What did everyone feel along the way?
7. Redo the trail but this time with eyes open.
8. Discuss where it felt different – did they notice anything different this time? Which version did they enjoy the best?



Contact

Fox walking

1. Explain that walking is a 'controlled fall'. We commit our weight before we put our foot to the ground.
2. Everyone should take off their shoes and socks and practice fox walking. Put your weight on one foot, slowly lifting the other foot off the ground and bringing the knee higher than usual with the foot hanging relaxed.
3. Lower the foot to meet the ground naturally without placing any initial weight on it. Encourage the group to think of how a fox can silently walk.
4. Talk about two ways of walking and why fox walking is better when we are going barefoot.

Reflection

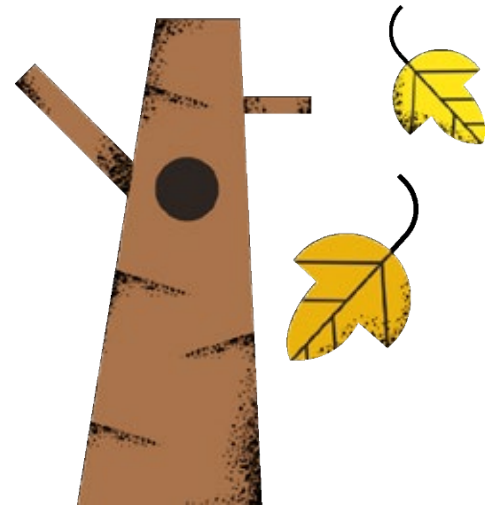
Time	Activity
5 mins	This activity was all about trying new things and being courageous. When you were blindfolded during this activity, you had to use all your senses, including your sense of balance and awareness of your own body. Did you find this part of the activity easy or difficult? What was it like to not have your sense of sight? How did you feel? In the second part of the activity, you took off your blindfold and did the trail again. When you could see where you were going, how was it different? What did you notice? Did you experience any of the other pathways to nature connection while doing this activity?

Change the level of challenge

If possible, according to age, ability and site safety, encourage the group to try this trail barefoot. If the group does do this barefoot, use the technique known as fox walking explained above.



Something Sticky



Close your eyes and memorise the feeling and shape of a stick. Can you identify your stick from a collection?

Time | 10 mins
Cost | Free
Location | Outdoors/At Camp

You will learn

Value the outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

Be happier

Be cheerful, have fun, and love your life.

You will need

- A bag of interesting sticks

Before you begin

- Fill a bag with enough sticks for everyone in your group to have their own. You need a variety of sticks – try to find ones of different lengths, thicknesses, textures, and shapes.



Get Stuck in

Time	Activity	Guidance	Equipment
10 mins	1. Everyone should sit in a circle and close their eyes	Anyone who doesn't want to close their eyes could sit facing out of the circle and put their hands behind their back. If you've got a large group, you might want to split into a few circles.	<ul style="list-style-type: none"> • Bag of different sticks, enough for everyone.
	2. The person leading the activity should pass the bag full of sticks around the circle.		
	3. As each person gets the bag, they should take out one stick.		
	4. Everyone should try to feel their stick (without opening their eyes) so they can really get to know its shape, length, and texture. What makes their stick unique?	People could also smell the stick or rub it against the floor and listen to the sound it makes.	
	5. The person leading the activity should pass the bag back around the circle. Everyone should put their stick back into the bag.		
	6. When all the sticks are back in the bag, everyone should open their eyes. The person leading the activity should tip the sticks out of the bag into the middle of the circle.		
	7. Everyone should take it in turns to describe their stick and pick it up from the pile in the centre.		
	8. Everyone should work together to make sure everyone gets their stick back.		



Reflection

Time	Activity
5 mins	It's easy to label lots of different things under the same category, for example, sticks, trees or flowers. But nature is so varied that even a basic twig is unique. Ask everyone to describe some of the differences between the sticks. Was anyone surprised by just how varied sticks can be? Did you experience any of the other pathways to nature connection while doing this activity?



Change the level of challenge

If one person describes their stick, can the rest of group find it in the pile?



Discovery

Treasure Hunt



Discover nature by heading out on a treasure hunt. How many items will you find?

Time | 25 mins
Cost | £
Location | Outdoors

You will learn

Value the outdoors

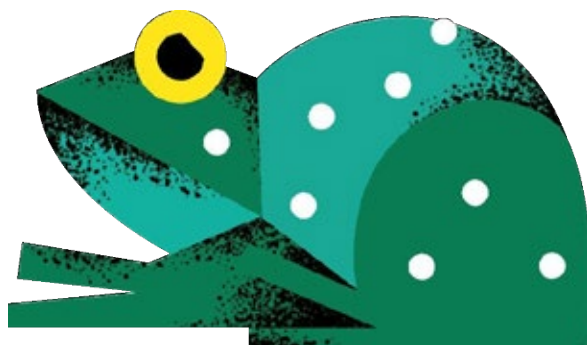
Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

You will need

- Pens or pencils
- Treasure hunt card
- Scrap paper
- Camera or phone (optional)

Before you begin

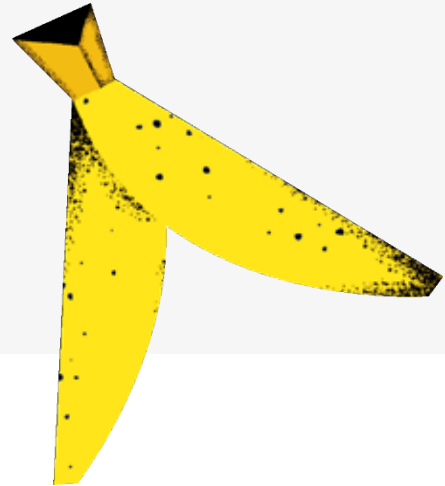
- Choose an appropriate outdoor area such as a nature reserve, woodland area, riverside, canal, or park. If you're going to meet there (rather than at your usual meeting place), make sure parents and carers know exactly where you'll be, and what time to drop off and collect everyone.
- You'll probably need extra adult help for this activity.
- Create a selection of treasure hunts by writing out items to find of squares or scraps of paper. We've included some suggestions below, but you could get everyone involved in setting the treasures to discover.



Things to find on your treasure hunt

You can choose any items you'd like, but try to keep them open to interpretation. You could include:

- A cloud that looks like something
- Something you've never seen before
- The most interesting and the most boring rock
- The most stick like stick
- Your favourite leaf
- Something mysterious
- Something that shouldn't be here
- Something really, really important
- The best smelling thing
- Something that plays a tune
- Two things which are opposite
- Something shaped like something else



Discover the great outdoors

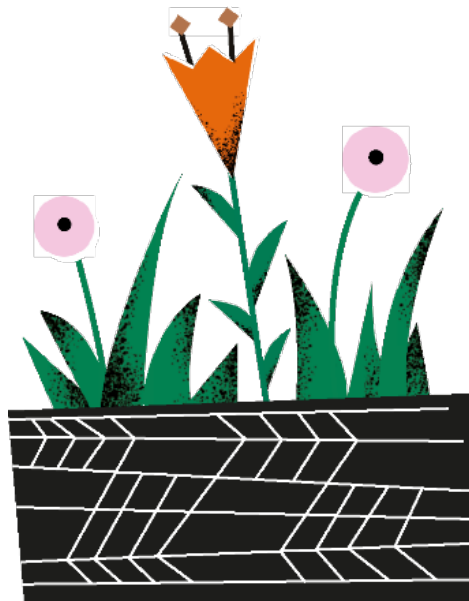
Time	Activity	Guidance	Equipment
5 mins	1. Everyone should gather at the agreed place		
	2. An adult should explain any specific safety arrangements for the activity.	For example, does the place you're using have any hazards people need to be aware of? Are there boundaries on how far people can go? Where will the grown ups be?	
	3. Everyone should split into pairs or small groups.		
20 mins	4. The person leading the activity should give each pair a treasure hunt card and ask them to find the item written on it.		<ul style="list-style-type: none"> • Pens or pencils • Treasure hunt card • Scrap paper • Camera or phone (optional)
	5. Pairs should record the item they've found by remembering its description, drawing it, writing down what it looks like, or taking a picture.		
	6. Once a pair has recorded the item, they should tell someone about the item (or show them their drawing, writing, or photo) and explain why it matches the card.		
	7. Pairs should repeat steps four to six until the group has found all items on the treasure hunt.	You could set a time limit to find as many items as possible or finish the activity once one pair has found all the items.	

Reflection

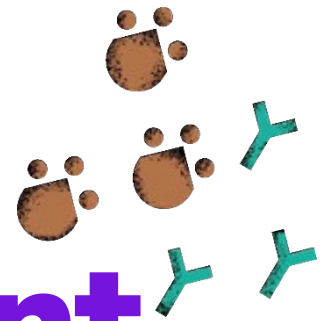
Time	Activity
5 mins	This activity helps everyone focus on what is around them and connect with the outdoors. Everyone should tell the group about some of the items they've found:
	Why did people choose a certain item for a treasure hunt card?
	Were there other items they could have chosen?
	Is anyone surprised by the items the other pairs chose for the same cards?
	Did you experience any of the other pathways to nature connection while doing this activity?

Change the level of challenge

Start by asking the group to find just one or two of the items, then gradually add more



Gratitude Scavenger Hunt



Tune into your emotions and sensations with this scavenger hunt with a difference!

Time | 20 mins
Cost | Free
Location | Outdoors

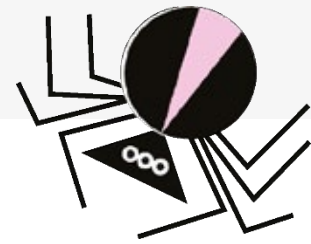
You will learn

Value the Outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

You will need

- Scrap paper



Before you begin

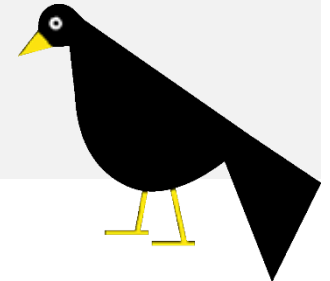
- Find a suitable place to run this activity. This activity can take place anywhere, however being outside can help the group interact with nature as well as feeling more connected with the local environment and themselves.
- Create a scavenger hunt answer sheet by drawing out a bingo grid and filling in each square with something different to find. We've suggested some ideas below.

Eyes down

1. Find a suitable place to run this activity. This activity can take place anywhere, however being outside can help the group interact with nature as well as feeling more connected with the local environment and themselves.
2. Create a scavenger hunt answer sheet by drawing out a bingo grid and filling in each square with something different to find. We've suggested some ideas below.

Things to find on a scavenger hunt

- one thing that makes you happy/brings you joy
- one thing that you love to smell
- one thing that you enjoy looking at
- one thing that's your favourite colour
- one thing that you are thankful for in nature
- one thing that inspires you/that you feel protective over
- one thing that you are curious about/want to know more about
- one thing that feels nice to touch
- one thing that you've never seen before

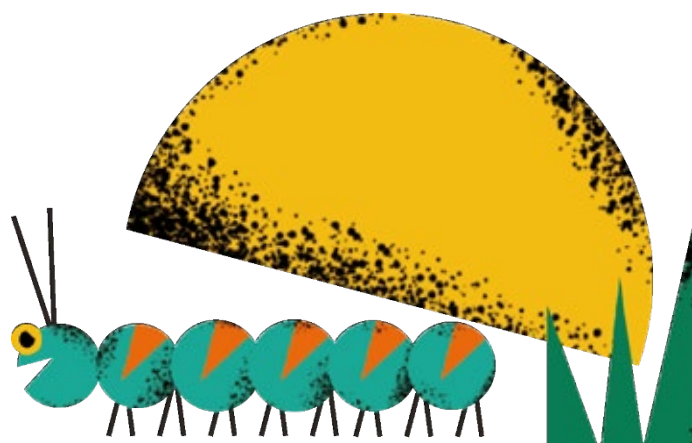


Reflection

Time	Activity
5 mins	This activity was all about improving wellbeing and valuing the outdoors. Which were your favourite things to notice while you were doing the activity? Did you see or hear or smell or touch something really interesting?
	Think about how being out in nature can make you feel. It doesn't always have to be good emotions: nature can bring us fear – for example, some people are scared of spiders and thunderstorms – or sadness, like when a predator catches its prey.
	Did you experience any of the other pathways to nature connection while doing this activity?

Change the level of challenge

The sheet can be adapted for older or younger members of the group by changing the language and adapting the senses and emotions accordingly.



On the Flipside



Time | 20 mins
Cost | £
Location | Outdoors

Use your senses to see nature from a different perspective.

You will learn

Value the outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

Be a team player

Learn to work better with others, achieve shared goals, and put the team first.

You will need

- Scarves or similar



Before you begin

Choose an appropriate outdoor area for this activity. If you're going to meet there (rather than at your usual meeting place), make sure parents and carers know exactly where you'll be and what time to drop off and collect everyone.



Play the game

Time	Activity	Guidance	Equipment
20 mins	1. Everyone should gather at the agreed place.		<ul style="list-style-type: none"> • Scarves
	2. The person leading the activity should explain any specific safety arrangements for the activity.	For example, does the place you're using have any hazards people need to be aware of? Are there boundaries on how far people can go? Where will the grown ups be?	
	3. Everyone should get into pairs.	It's up to you whether you let people choose their partners or whether you choose pairs you know will work well together.	
	4. One person in each pair should tie their scarf over their eyes to make a blindfold.		
	5. The other person in each pair should guide their blindfolded friend somewhere interesting and position them in a way that captures a unique view.	For example, they could ask them to lie down looking up at the base of an oak tree, or they could position them so they're looking through their legs at a planter that's behind them.	
	6. Once they're in position, the blindfolded person should feel, smell, and listen to everything around them. Can they work out what they're looking at?		
	7. The other person in each pair should guide their blindfolded friend somewhere interesting and position them in a way that captures a unique view.		



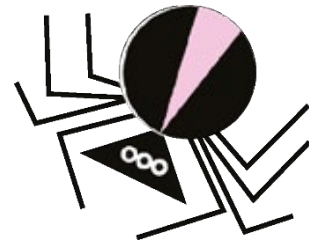
Reflection

Time	Activity
5 mins	This activity was about valuing the outdoors. Ask everyone to say three words about the nature they experienced. What feelings did you have when being led? When the view was revealed?
	This activity also gave everyone a chance to think about what makes a great leader. What did you value from your partner?

Change the level of challenge

- The person guiding their blindfolded partner could lead them with worded directions only.
- Challenge people to rely on their other senses to guess where they are correctly before they remove their blindfold

Sound Fists



Relax and listen to the sounds of nature. Can you recreate what you hear?

Time | 15 mins
Cost | Free
Location | Outdoors

You will learn

Value the Outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

You will need

- Access to outdoor space



Listen carefully

1. Everyone should meet in a location where there is outside space. This could be at your meeting place or somewhere local to you, like a park.
2. Everyone should sit or stand quietly in a circle. Everyone should hold their closed fists out in front of them, close their eyes, and listen to what is around them.
3. When anyone hears noise, they should put up one finger. Keep putting up one finger at a time when you hear different sounds.
4. Everyone can open their eyes and look at how many fingers everyone is holding up. How many different noises did everyone hear? Talk about what you heard.
5. Can anyone recreate a noise they heard? Use your voice, or items you can find nearby.

Reflection

Time	Activity
5 mins	This activity was all about valuing the outdoors by connecting with nature. Nature has a thousand different voices if you stop using yours and take the time to listen for them. What sounds did you hear? Was it something natural or was it manmade? Did you enjoy the sound that you heard – why or why not?
	There might be lots of sounds that we miss every day because we don't take the time to stop and really listen. Next time you're out and about take the time to stop, listen, and think about what is around you. You might be surprised at what you find.
	Did you experience any of the other pathways to nature connection while doing this activity?

Change the level of challenge

Step it up by asking everyone to identify what made the noises they heard. Make it easier by just counting the noises without recreating them.



Camera



Time | 30 mins
Cost | Free
Location | Outdoors

Can you take a photograph without a camera or smartphone?

You will learn

Value the outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

Care

Help other people, think about their feelings, and care about the impact of your actions.

You will need

- Scrap paper
- Pens or pencils



Before you begin

- Find a safe place to do this activity. Try to find somewhere with interesting views, ideally outdoors.

Lights, camera, action

1. Everyone should get into pairs. Make sure everyone knows the area for the activity, and that it is safe. In each pair there will be a 'camera' and a 'photographer'. The camera must keep their eyes closed and there must be no verbal communication.
2. The photographer should walk around the area with their camera and find interesting sights and views. They should position the camera and then double tap on their shoulder for them to open their eyes. After three seconds the photographer should tap the camera once more to close their eyes.
3. Once the photographer has taken three photographs, the players should swap roles.
4. After everyone has taken three photographs, bring the group back together and distribute drawing materials. Ask everyone to 'develop' their favourite photograph by drawing what they could see.



Reflection

Time	Activity
5 mins	This activity was about learning to take care and valuing the outdoors by capturing photographs of the area looking its best. Why did you like the photograph that you drew at the end? Why did you choose to photograph certain things? When you were the camera, did you trust your photographer at first? Did you experience any of the other pathways to nature connection while doing this activity?



Change the level of challenge

Encourage the participants to think creatively and use different angles, lenses and camera modes. Move the camera back and forth for zoom, lay them on the ground for an interesting angle and slowly spin them around for a panorama.



Natural Sculptures

Take a walk in your imagination. Can you recreate objects using natural materials?

Time | 20 mins

Cost | Free

Location | Outdoors

You will learn

Value the Outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

Be happier

Be cheerful, have fun, and love your life

You will need

- Natural materials (for example, leaves, twigs, feathers)
- Access to outdoor space



Before you begin

Check the location you plan to use. If there aren't already a variety of natural items (like leaves, sticks, stones, grass), collect some for the activity.



Imagination game

1. Everyone should stand in a space and close their eyes.
2. Everyone should imagine they are walking through an outdoor space, like a wood or a field. As they walk, they come across a sculpture.
3. Everyone should imagine their sculpture. It should be small, and only made of natural materials that you might find on the ground outside – such as leaves, sticks, stones, grass. The sculpture should feel like it is meant to be there because it makes the natural area even more interesting. Make sure everyone can imagine their sculpture in detail.
4. Everyone should get into in pairs and describe what they imagined. What did it look like? What was it made from? Did it have any meaning?
5. Each pair should use the natural materials available to make their own sculpture, capturing both of their ideas. Before they start creating, they should talk about what to make and the materials they need to find or gather.

Reflection

Time	Activity
5 mins	This activity was about valuing the outdoors and being happy. During the activity you used your imagination and the amazing things we find in nature to create unique pieces of art. Nature is the best artist, but did you come close? What is it about your sculpture that you like the most? If we leave the sculptures outside where we made them, what will happen to them over the next few weeks? Did you experience any of the other pathways to nature connection while doing this activity?

Change the level of challenge

Can you recreate a man-made sculpture with natural items they see on their walk?

Take it further

Could you recreate your sculpture with materials from the recycling bin?



Nature's Orchestra

Get musical with nature – can you play your favourite tune with items around you?

Time | 15 mins
Cost | Free
Location | Outdoors

You will learn

Value the outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

Try New Things

Find it easier to meet new people, go to new places, and do new things.



You will need

- Natural materials (for example, leaves, twigs, feathers)

Before you begin

- Choose an appropriate outdoor area such as a nature reserve, woodland area, riverside, canal, or park. If you're going to meet there (rather than at your usual meeting place), make sure parents and carers know exactly where you'll be, and what time to drop off and collect everyone.
- You'll probably need extra adult help for this activity.

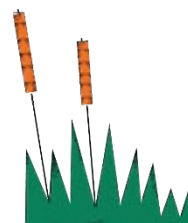


Making music

1. Everyone should work together to name as many instruments as they can. Does anyone play an instrument?
2. The person leading the activity should explain that different instruments can be grouped together into categories called families. Can anyone name any of the instrument families?
We've included a list of the families and some of the instruments that belong in each one below.
3. The person leading the activity should explain that everyone will make a piece of music using things they find around them.
4. Everyone should get into small groups.
Make sure each small group has an adult to go with them.
5. The person leading the activity should explain that everyone will be going on a short walk that passes by a variety of nature. They should also explain the boundaries and ground rules that will keep everyone safe.
6. As everyone explores, they should collect natural items of different shapes, sizes and textures.
Avoid removing any living branches or flowers – collect dead materials or ones that have already fallen to the ground.
7. Everyone should come back together as a group and use their natural materials to make a new composition or play a tune everyone knows.

People could:

- Blow on lengths of grass, choosing different thicknesses for different notes.
 - Hit different lengths of sticks together to sound different notes.
 - Scrape sticks together to make a rhythmic noise.
 - Rub sticks across other items such as trees or a gate.
 - Drop stones in different depths of water make different notes – these can be pre-filled tubs of water or ponds (just be careful not to disturb wildlife).
8. Once everyone has had the chance to practise their instruments, they could take it in turns to perform to everyone in the group. Can the other groups guess the tune?



Instrument Families

- Woodwind (including flute, saxophone, clarinet, recorder, bassoon and oboe).
- Brass (including trumpet, trombone, tuba, French horn, cornet, and bugle).
- Voice (just like playing a piano or guitar, the voice can sing in different notes. When people sing, they're making music. You can help people understand this by asking them to try singing a high note and a low note. They don't need to sing a whole tune – realising that voices can sing different notes will help them understand how the voice is an instrument).
- String (including guitar, violin, viola, cello, bass, harp, and dulcimer).
- Percussion (including drums, piano, cymbals, triangle, glockenspiel, timpani, bells, and xylophone).



Reflection

Time	Activity
5 mins	This activity offered a chance to spend time in nature and experience it in a different way. Which sounds did people find the most interesting and why? What other sounds are there in nature?
	Experiencing the world around us through sound is just one way to look at it, we could also look at the colours, smells or the way things feel. Take the time to think about the different ways we can interact with our environment next time you are out and about.
	Did you experience any of the other pathways to nature connection while doing this activity?



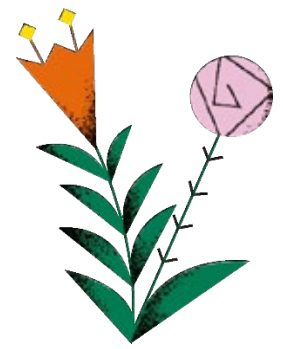
Change the level of challenge

To make this activity easier, allow the group to come up with their own composition and name. If people are up for a challenge, ask them to try to play a specific tune with their natural instruments, for example, a pop song or the EastEnders TV theme.

It's up to you how much support you provide in step seven. You could suggest ways people could use their natural materials, or you could leave it to people to use their imagination and come up with their own ideas.



Nature's Paint Pallet



**Can you find all the different colours in nature?
Go on a walk and see what you can see.**

Time | 30 mins
Cost | £
Location | Outdoors

You will learn

Value the outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

Be happier

Be cheerful, have fun, and love your life.

You will need

- Big pieces of paper
- Sticky tape
- Scissors

Before you begin

- This is a really good activity to do any time of the year, but it works especially well in autumn.
- Plan a trip to a local natural space. If you have a choice, you could ask the group which place they'd prefer to visit.
- You could do this activity while you're walking between activities, for example, if you're at an adventure centre or if you want activities to break up a longer hike.



Time	Activity	Guidance	Equipment
5 mins	1. Everyone should get into small groups.	Make sure each small group has an adult to go with them	<ul style="list-style-type: none"> • Big pieces of paper • Sticky tape • Scissors
25 mins	2. Each group should get a big piece of paper, some tape, and a pair of scissors.		
	3. The person leading the activity should explain that everyone will be going on a short walk that passes by a variety of nature. They should also explain the boundaries and ground rules that will keep everyone safe.		
	4. As everyone explores, they should collect natural items of different colours. They should aim to find around five colours – can they find the primary colours of red, yellow, and blue?	Avoid removing any living branches or flowers – collect dead materials or ones that have already fallen to the ground.	
	5. Each group should attach the colourful items they've collected to big pieces of paper to create a paint pallet.		



Reflection

Time	Activity
5 mins	Was anybody surprised at how many different colours they found? Was anyone disappointed not to find a specific colour? How might more colour be introduced into a natural environment? Why is this a good thing? Did you experience any of the other pathways to nature connection while doing this activity?

Change the level of challenge

You can challenge everyone to find certain colours (or a certain number of colours). Alternatively, you could ask everyone to choose the nature colours they'll look for before the walk.

People could take photos rather than collect items.

Take it further

Can people think of ways to make different environments as colourful as possible? You could come up with ways of making urban areas more colourful, such as planting wildflowers on verges or roundabouts.

When thinking about this, consider the needs of local wildlife. An insect that relies on yellow flowers for camouflage will be happy if people plant yellow flowers in their gardens or on their balconies, for example.

I Wonder Why



Time | 30 mins
Cost | Free
Location | Outdoors

Have you ever stopped and thought... why? Practice curiosity with this simple activity.

You will learn

Communicate

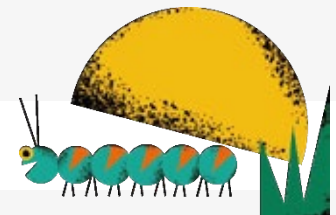
Learn to express your own views, listen to others, and understand what they're trying to tell you.

Problem Solve

Find it easier to understand challenges, consider your options, and find solutions.

You will need

- Access to outdoor space

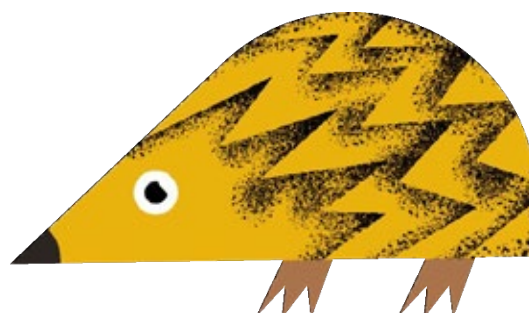


Why, why, why

1. While on any adventure outdoors, whether in the park, on a hike, or in a canoe, take a moment to pause.
2. Everyone should take in their surroundings and see if anything makes them feel curious. As they look at nature, ask them to say 'I wonder why...' and then ask questions. They could share their questions with the rest of the group if they feel comfortable.

For example, they might ask: 'I wonder why the trees are in straight lines? I wonder why the hills are all different shapes?'

3. If anyone knows the answer to a question, they could share it with the person who asked.



Reflection

Time	Activity
5 mins	This activity was about learning to communicate and solve problems. Asking questions and stopping to think about the spaces around us can help us experience things we haven't noticed before. You can do this both out in nature and also in the paces you visit every day. Next time you're doing something you do all the time, take a moment to stop and look around. What can you notice for the first time?
	It's also okay not to know the answers to all your questions. Just coming up with the questions is the first step towards learning something new. What did you learn from other people's questions? What answer did you know that you were proud of? How could you find out an answer? Did you experience any of the other pathways to nature connection while doing this activity?



Change the level of challenge

To make it more challenging, add a rule that no one can repeat a question that has already been asked.



Living Art



Time | 1hr

Cost | Free

Location | Outdoors

Ramble and reflect by using natural materials to create a poster of the animals and plants you see along the way.

You will learn

Value the outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

Be active

Look after your body by being physically active.

You will need

- A4 card
- Sticky tack
- Coloured pens or pencils
- Backpack
- Weather appropriate clothing

Before you begin

- You can run this either as a stand-alone activity or as part of a walk, expedition, or adventure day.
- It's up to you when you do this activity. It's likely to take longer than a session, so might work best as part of a camp or day out.
- Decide where you'll go on your ramble – a woodland or nature reserve is perfect.
- Make sure everyone knows that they should wear suitable clothes for your ramble (and the weather!). This includes shoes: walking boots, wellies, or sturdy trainers are best.
- Everyone should pack their own backpack. They should make sure they have a waterproof coat, either sun cream and a sunhat or a woolly hat and gloves (depending on the time of year), a full water bottle, some snacks, and any medication they may need (for example, an inhaler for asthma).

Get ready to ramble

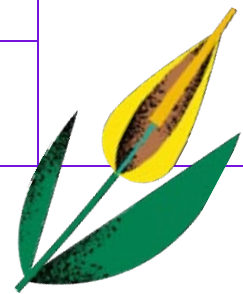
1. The person leading the activity should help everyone think about the different flora and fauna they may spot on their walk.
A quick look online will give you a sense of the plants and animals that can be found wherever you're rambling.
2. The person leading the activity should give everyone a piece of card and some glue stick or similar.
You could also give people coloured pens or pencils so they can draw things they see.
3. Everyone should make sure they've got everything they need in their backpacks, then it's time to set off.



Meander and create



Time	Activity	Equipment
60 mins	1. Everyone should head out on their ramble. They should pause whenever someone spots a particularly interesting plant or animal.	<ul style="list-style-type: none"> • A4 card • Sticky tack • Coloured pens or pencils • Backpack • Weather appropriate clothing
	2. Every ten to twenty minutes, everyone should stop in a good resting place. It could be a picnic area or another dry and shaded space.	
	3. Everyone should explore nearby and gather some natural materials from the ground such as leaves, mud, sticks and twigs, petals, stones, or pebbles. They should only collect things that have fallen to the ground – no one should pick or pull anything from living plants.	
	4. Once they've gathered their materials, everyone should return to the resting place. They should use the materials to record things they've seen on their ramble – they could make an animal or plant, or copy a pattern they've seen. They could use sticks or leaves as brushes for mud paint, or they could use the sticky tack to attach leaves, petals, and stones.	
	5. Once everyone's happy with their creations, everyone should continue to ramble. After about 20 minutes or so, they should repeat steps two to five to continue adding to their art. Ideally, everyone should stop and complete these steps around three times during the ramble.	
	6. At the end of the ramble, everyone should gather together and share their art. What did they see along the way?	
	7. People should choose whether to keep their creation. If they don't want to, they should unstick the natural materials and dispose of them in a compost or natural waste bin.	



Reflection

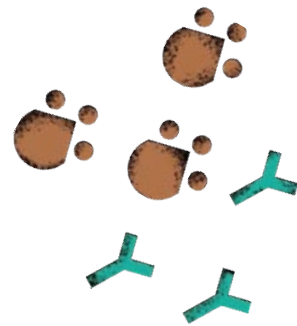
Time	Activity
5 mins	This activity was a chance to enjoy being outside and to get connected to the natural environment. We all made something creative from natural materials. What did yours represent? Can you tell a story based on your art and what it means to you?
	This activity was also a chance to be active. Why was it important that everyone wore clothes that were suitable for the ramble (and weather appropriate, too)? How else can people avoid injuries when they're being active? People's answers could include warming up or taking breaks to rest and rehydrate. Did you experience any of the other pathways to nature connection while doing this activity?

Change the level of challenge

You could pack pens and pencils to add another option to poster creation.



Tracking



Time | 45 mins

Cost | Free

Location | Outdoors

Create a trail for others to follow using tracking signs and symbols.

You will learn

Value the outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

Communicate

Learn to express your own views, listen to others, and understand what they're trying to tell you.

You will need

- Natural materials (for example, leaves, twigs, feathers)
- Tracking symbol sheets

Before you begin

- Find a suitable location.
- Print out or create different tracking signs and symbols and put them on the ground. You could use any materials to hand for this.

Tracking signs



Turn right



Don't go this way



Straight ahead



Turn left



Time to track

1. Introduce the art of tracking to the group. This means using of signs and symbols to leave a trail for other people to follow.
2. Everyone should split into pairs or small groups. Each group needs a sheet to help them identify different tracking signs and symbols.
3. Each group should work to identify what all the signs and symbols on the floor mean.
4. Once everyone has finished, two pairs or small groups should join together. One pair should plan a simple trail for the other – one they can actually follow.
5. Everyone should think about what they could use to make the signs – this could be anything from chalk to sticks to grass to crisp packets – almost anything will work!
6. Each team has five minutes to lay out their simple trail, before testing if they can follow the route.
 - Good tracking means you have to be observant and pay attention to your surroundings. This is a good game for people to look around them and observe and appreciate the area around them.
7. Swap over so the pair laying the trail now get the chance to follow a trail.
8. Follow up this activity by asking the group to look for natural tracks and signs, and thinking about what these might be. This could be something out of place, where an animal has disturbed something looking for food, or where a plant has been crushed by a foot, for example. Everyone should look for a natural track or sign, and try to work out what caused it.

Reflection



Time	Activity
15 mins	This activity gave everyone a chance to enjoy being outdoors. What did you enjoy about making and following the tracks? Did you find it easy to spot and follow the tracks once you knew what you were looking for? Did you feel comfortable being outside to lay and follow the track?
	This activity needed everyone to communicate. When might you use a tracking sign or symbol to send a message to someone else? You might want to think about alerting someone to a hazard up ahead, or letting someone know where the camp or base is. When might laying a track be more useful than having a mobile phone? It might be useful when you don't have signal, or you wanted to communicate with people you don't know – or it might just be that laying a track is fun!
	Did you experience any of the other pathways to nature connection while doing this activity?

Change the level of challenge

Start with just a few tracking signs and add more as the group becomes more confident. Put tracking signs at different levels – try on logs or chairs as well as on the floor. You could also print out the different tracking symbols, if that makes them clearer to see.





Waggle Dance

Become a buzzing bee and use signals to direct your teammates to the right flower.

Time | 45 mins

Cost | £

Location | Outdoors/At camp

Group size | Teams

You will learn

Be a team player

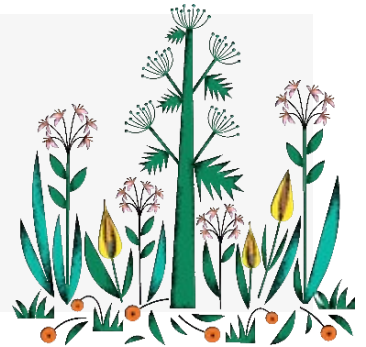
Learn to work better with others, achieve shared goals, and put the team first.

Value the outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

You will need

- Pens or pencils
- Scrap paper
- Device to play Rimsky-Korsakov's Flight of the Bumblebee
- 12 different coloured plant pots
- 12 images of different coloured flowers



Before you begin

- Print or draw 12 different coloured flowers on separate pieces of paper.
- Place each flower image underneath a plant pot of a different colour.
For example, a yellow flower image should be placed underneath a plant pot of any colour apart from yellow.
- If you've got a large groups, prepare extra plant pots and flower images so that you can split into smaller teams for the game.

Pre- Flight

1. Everyone should gather together and sit or stand comfortably.
2. The person leading the activity should explain that nature can make people feel different things; they can express this through songs, dance, and art.
3. Everyone should close their eyes and listen to Rimsky-Korsakov's Flight of the Bumblebee.
4. Everyone should guess which animal the song was about. What might the animal have been doing?
5. Once someone guesses correctly (or everyone's had a turn to guess), the person leading the game should explain the correct answer. They should explain how bees use a dance known as a waggle dance to tell other bees where they can find food.



Get ready to waggle

1. The group should work together to come up with a non-verbal communication method so they can pass on messages about directions and the colours of the flowers under the pots.
They'll need a signal for directions and descriptions like north, east, south, west, close, middle, and far, as well as for colours like red, blue, green, yellow, and so on. They could use hand signals for the compass points and dance moves for locations in the room or colours, for example.
2. Everyone should stand in a line.
3. The first person in the line should choose a plant pot, look at the flower card underneath, and use the signals they agreed to send the next person to a plant pot that's the same colour as the flower.
For example, if they find a purple flower underneath the pot, they should send the next person to a purple pot.
4. Once the next person has reached the right pot, they should look at the flower underneath and send the next person in line towards a plant pot of that colour.
5. Everyone should keep playing until they've all had a turn.

Reflection

Time	Activity
5 mins	Go outside and see if anyone can spot any bees. Watch them carefully. Ask the group to think about where they're going, what they might be doing, and if they might do a waggle dance.
	Ask everyone to think about other ways people communicate with each other without words. People could suggest facial expressions, hugs, or codes like semaphore or Morse code.
	Did you experience any of the other pathways to nature connection while doing this activity?

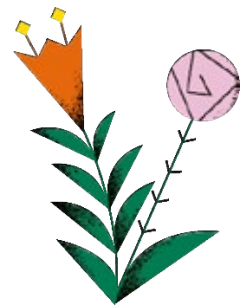
Change the level of challenge

To make the activity easier, reduce the number of different coloured flowers.

To make the activity harder, increase the number of different coloured flowers or include different shades of the same colour to add another layer of communication.



Commitment Stones



Time | 15 mins
Cost | Free
Location | Outdoors

Experience your local environment and make a commitment to protect it.

You will learn

Be responsible

Believe in doing the right thing, being trustworthy, and doing your best

Help your community

Be able to take an active role in the community, give to others, and make the world a better place.

You will need

- Stones or pebbles
- Access to outdoor space

Before you begin

Check the location you plan to use. Make sure that there is an area with stones or pebbles for you to use that will still be safe for everyone. Alternatively, you could purchase small pebbles from a craft store or use recyclable items such as bottle tops.



Pebble Protectors

1. Everyone should look for a small stone that can be taken home with them. It needs to fit in their pocket.
2. Everyone should find a quiet spot for themselves. Once they are comfortable, everyone should pick up their stone and feel its shape, size and texture. Think about where this stone was found. What could you see, hear or touch when you found it? What shape is your stone? Is it rough or smooth?
3. Everyone should think about what you could do to help protect the environment where you found your stone. Choose an action, big or small, that you can commit to.

It could be making sure that litter is recycled or securely disposed of. Loose litter could fall into a waterway, pollute the ground, or harm an animal. Spaces are connected and looking after one area can have a great effect on others, both nearby and far away.

4. Everyone should keep the stone in their pocket for a while. When you put your hand in your pocket, it should remind you of your commitment and the day that you made it.

Reflection

Time	Activity
5 mins	This activity was about learning to communicate and solve problems. Asking questions and stopping to think about the spaces around us can help us experience things we haven't noticed before. You can do this both out in nature and also in the paces you visit every day. Next time you're doing something you do all the time, take a moment to stop and look around. What can you notice for the first time?
	It's also okay not to know the answers to all your questions. Just coming up with the questions is the first step towards learning something new. What did you learn from other people's questions? What answer did you know that you were proud of? How could you find out an answer? Did you experience any of the other pathways to nature connection while doing this activity?



Change the level of challenge

To make it more challenging, add a rule that no one can repeat a question that has already been asked.

Create a Wildlife reserve



Create a micro wildlife reserve and show it to your friends.

Time | 30 mins
Cost | Free
Location | Outdoors

You will learn

Value the outdoors

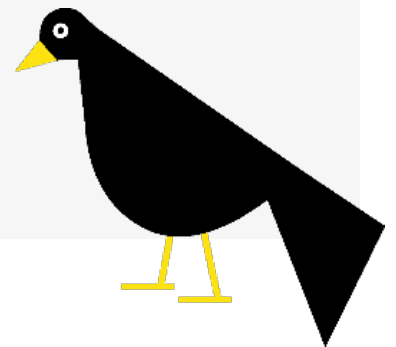
Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

Help your community

Be able to take an active role in the community, give to others, and make the world a better place.

You will need

- Hula hoops
- Short pieces of rope or string
- Sticks (or something to mark out small spaces)



Park rangers

1. Everyone should talk about nature reserves and national parks. Think about how they were set up and what they aim to do. Highlight that there is usually something special or unique to that area that the reserve or park will be based around.
2. Everyone should split into pairs or small groups. Each group should create their own micro wildlife reserve or national park.
3. Each group should explore the area and find something that will be the centrepiece of their reserve or park.
4. Each group needs to mark the edges of their reserve or park, using a hula hoop, rope or something similar to form a boundary around their centrepiece.
5. Each group should talk about why they chose that area and why it should be protected. They should showcase their micro wildlife reserve or national park to the other groups.



Reflection

Time	Activity
15 mins	This activity was all about valuing the outdoors and helping your community by noticing things in your local environment that you want to protect. Why do we need to protect areas of nature? What would happen to people, plants and animals if we didn't protect them? How do you feel when you spend time out in nature?
	Everyone selected a different area to protect, which had something special or unique. How did you choose the area for your micro nature reserve or national park? Why did you feel like that was something worth protecting?
	Did you experience any of the other pathways to nature connection while doing this activity?

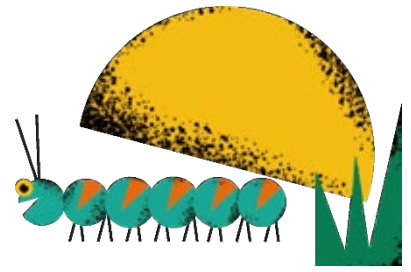
Change the level of challenge

To make things easier, you could mark out the nature reserves ahead of time and allocate one to each group.

For more of a challenge, create a task in the style of 'The Apprentice' and ask the groups to turn their showcase into a pitch. The best pitch will win funding for the creation of a nature reserve.



Guided Tours



Time | 20 mins
Cost | £
Location | Outdoors

Where do different plants and animals live? Lead a guided habitat tour and decide what you could do to help improve the area.

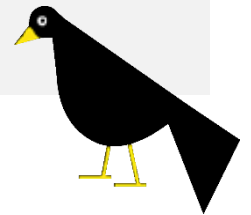
You will learn

Value the outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

You will need

- Plant and animal ID cards (optional)



Before you begin

- Decide where you'd like to walk as a group. How about woodlands, urban paths, or wetlands?
- Check the area that you're going to visit is suitable for the activity. Is it accessible for everyone?
- Make sure that everyone arrives wearing clothes that are suitable for the terrain and the weather. This includes shoes: walking boots, wellies, or sturdy trainers are best.
- Decide whether you'll use sheets to help you identify plants and animals. You could download sheets to help you identify trees (either the leaf ID, twig ID or autumn leaf ID activity sheet, depending on the season) as well as the flying insects and creepy crawly spotter sheets – or you could make your own. Make sure you print enough (one between two is ideal) and take plenty of pencils too.
- Decide whether you'll use an app like the Woodland Trust tree ID app.
- Think about any other equipment you'll need. For example, if you're meeting in the evening, torches might be useful.



Take a tour

1. Everyone should get into pairs or small groups. Each group should choose a small area of natural habitat to explore.
You may want to support groups to choose interesting areas. Try to make sure that different groups explore different places.
2. The person leading the activity should make sure each group has access to any resources they'll need to identify things (such as ID cards or apps).
3. Everyone should find least three plants, three invertebrates, and three birds in their group's area.
4. When they spot a creature or plant, everyone should look for anything threatening their little patch of habitat. Could anything be done to improve it?
5. Everyone should give the rest of their group a short, guided tour. They should show them what lives there, explain what's threatening the plant or animal, and share some ideas of things that could be done to improve the habitat.

Reflection

Time	Activity
5 mins	What sorts of things pose the biggest threat to natural habitats?
	Why is it important that people share knowledge and understanding with others?
	Did you experience any of the other pathways to nature connection while doing this activity?

Change the level of challenge

Groups could focus on just plants, invertebrates or birds instead of all three to make things simpler.

Take it further

Why not create a piece of artwork or presentation showing what you've found?

You could create a project that your group can work on over a few weeks to help improve the area or share your knowledge with others.



Heroes Hike



Use a hike around your local area to make a difference by collecting litter as you go.

Time | 2 hrs
Cost | Free
Location | Outdoors

You will learn

Help your community

Be able to take an active role in the community, give to others, and make the world a better place.

Be active

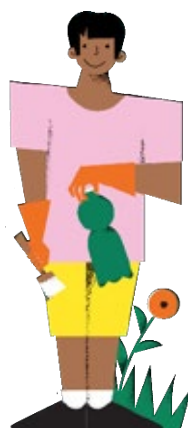
Look after your body by being physically active.

You will need

- Bin bags
- Litter pickers
- Gloves
- Maps or route cards (optional)

Before you begin

- Find a local area for your litter pick and check for any hazards (like sharp objects, broken glass, or dog poo). Make sure the area is accessible for everyone in your group.
- Arrange how you'll dispose of the litter you collect. Depending on where you live, this could be public bins, local council facilities, or waste disposal centres.
- Each group will need an adult to do this activity with them – if you don't have enough volunteers, you could ask some parents to help.



Litter pick

1. Everyone should talk about why littering is bad for the planet.
You could talk about the impact on wildlife as well as the destruction of the natural beauty of a place.
2. Everyone should split into small groups. An adult should join each group.
You may need more than one adult with each group depending on your young people and the area you choose to clean.
3. The person leading the activity should make sure that everyone understands that they'll need to be careful of certain objects they might find, such as glass, sharp metal, or needles. They should explain the plan for dealing with these sorts of items safely.
4. The person leading the activity should explain the area everyone will be using and when and where groups should meet after the hike.
It's up to you how you do this – you might want to mark this out on a map, create route cards, or set boundaries based on visible things (such as no further than that toilet block).
5. Everyone should get stuck into their adventure with a social action edge!



Make it better

1. Once everyone's returned to the meeting point, they should share what litter they found. How will they dispose of it all effectively?
You could talk about which types of litter were most common – was it papers, food wrapping, plastic and glass bottles, or something else?
2. Everyone should chat about what might have happened if they hadn't removed the litter.
For example, a bird might get its feet tangled in a plastic bag, a child might fall on some broken glass, or a dog might swallow some litter. You could also discuss the importance of working together to solve an issue – with just one person, the litter pick may have not been as successful.
3. Everyone should decide on some more actions they can take to minimise litter in their local area.
It's up to you what this looks like – it could involve regular litter picks or educating your community on the impact of littering.

Reflection

Time	Activity
5 mins	This activity was a great way for people to enjoy the outdoors while helping their community. Before the end of the session, you could use the 'make it better' debrief to discuss ways people could reduce litter on national and global scales as well. Did you experience any of the other pathways to nature connection while doing this activity?

Change the level of challenge

You could challenge everyone to find the oldest piece of litter (you could judge based on best before or use by dates). You could challenge everyone to collect items of litter that begin with the first letter of their name (for example, Nadiya could find an old newspaper, while Charlie could find a chocolate bar wrapper).



Generation Green is a 16-month funded project that aims to connect young people to nature, create and save jobs, and build an aspirant workforce for a green recovery. It is the first project to be delivered by the Access Unlimited coalition.



The project is funded by the government's Green Recovery Challenge Fund. The fund is being delivered by The National Lottery Heritage Fund in partnership with Natural England and the Environment Agency.

Green Recovery Challenge Fund



With thanks to the Nature Connectedness Research Group at the University of Derby whose work inspired development of these resources.