

# Wild at Heart

Be wild, whatever your age

For more activities, wild recipes, videos and small ways to stay connected to nature, find Wild at Heart on **Facebook** at [Facebook.com/WildatHeartproject](https://www.facebook.com/WildatHeartproject) and follow us on **Twitter**: @WildatHeartSRWT

Or take a look at our Wild at Heart at Home Nature Adventures page on our website [www.wildsheffield.com/home/wild-at-heart-at-home](http://www.wildsheffield.com/home/wild-at-heart-at-home)

More information about the project can be found at: [www.wildsheffield.com/discover/your-community/wild-at-heart](http://www.wildsheffield.com/discover/your-community/wild-at-heart)

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Sheffield & Rotherham Wildlife Trust is a registered charity and works with the local community towards a better future for wildlife, people and the green spaces we all love.

Registered charity number 700638. Company number 2287928.



Connecting Steps



Sheffield & Rotherham

# Wild at Heart

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**Wild at Heart** is a friendly, supportive, nature based activity session for adults in Sheffield and Rotherham, helping people improve their wellbeing and personal resilience through building a connection to nature and meeting other people.

## Five ways to Wild Wellbeing

Building these five actions into your everyday life can improve your mental and physical health

### Give

Take care of nature however you can

### Take notice

of the everyday wildness on your doorstep

### Connect

with the people around you, share your wildlife experiences

### Learn

Let nature be your teacher

### Be Active

Explore your nearest nature reserve

For nature, for everyone

# Wild Wellbeing



## Be wild whatever your age

At Wild at Heart we run nature connection activity social groups across Rotherham and Sheffield for people to get together and enjoy connecting with the natural world and each other.

We have adapted our current programme from all face to face delivery during the current COVID-19 crisis.

You can still get involved through our Wild at Heart at Home programme which includes simple tips to try at home such as the 5 ways to wild wellbeing, as well as activities, videos and recipes to try.

Why not sign up to Wild at Heart at Home to get regular updates and find out when we will be out and about again.

We hope to bring you new ways of connecting together to discover the wonders of the natural world on our doorstep until sessions are up and running again.



## Noticing three good things in nature

Try noticing three things in nature every day. Make a point of looking closely at a flower, admiring the shape of a tree, look up at the clouds or stopping to listen to bird song.

Whatever it might be, at home, in the park or on a walk, just regularly noticing the good things in nature can help us to feel good and cope with difficult times. Try it!



## Five pathways to nature connection

Finding simple everyday ways to connect more deeply with the nature around us can really help us to feel good. Don't think about knowing the names of things, just spend a little bit of time exploring what you love!



Use all of your **senses** to explore the natural world around you.



Make a mental note of how it makes you feel – your **emotions** about the nature around you are really important.



Make a point of finding whatever **beauty** there is in the nature around you wherever it might be.



Our own personal sense of **meaning** is important to us when it comes to growing our nature connection. Whatever is important to you is a good place to start, whether that is the flowers you've planted in the garden or the trees you pass every day in the street.



**Compassion** for the nature on our doorstep can help us to feel more connected to our local environment and to take care of what we can.