

Let nature be your story



UNIVERSITY OF  
DERBY

Nature Connectedness Research Group  
[derby.ac.uk/NCxRG](http://derby.ac.uk/NCxRG)

As humans our story is nature. Our relationship with the rest of nature matters for our well-being, yet the climate and environment emergency shows that the human relationship with the rest of nature is broken. To fix it we need a new more connected relationship that recognises that we are part of nature. A relationship that brings both pro-nature behaviours and improved mental wellbeing. The pathways to nature connectedness provide a route for people to develop that new relationship. A new relationship with nature that moves away from utility and control, beyond knowledge and identification. A new closer, healthier and more sustainable relationship with nature comes through noticing, feeling, beauty, celebration and care.

Pathway	This pathway is about...	We're encouraging everyone to...	Things you can try...
<b>Contact</b> 	Tuning in to nature through the senses.	Notice and actively engage with nature, spending time fully experiencing nature with all their senses.	Listening to birdsong, smelling wild flowers, watching the breeze in the trees, going barefoot, tasting the fruits of nature.
<b>Emotion</b> 	Feeling alive through the emotions nature brings.	Engage emotionally with nature. To find happiness and wonder in nature. To note the good things in nature, the joy and calm that they can bring. To embrace nature at times of sorrow.	Finding joy in wildlife at play, taking a moment to feel calm with nature. Find wonder in a spiders' web. Reflect and share your feelings about nature with others.
<b>Beauty</b> 	Noticing nature's beauty.	Find beauty throughout the natural world. Every day, take time to appreciate beauty in nature, engage with it through art or in words.	Create some wild art, paint the amazing colours of insects, take a photo of a flower, visit a place with an amazing view.
<b>Meaning</b> 	Nature bringing meaning to our lives.	Explore and express how nature brings meaning to their lives. To notice how nature appears in songs and stories, poems and art. How special places are natural spaces. To celebrate the mystery, signs and cycles of nature.	Create a story about a tree, map the journey of a bee, find folktales about nature, celebrate the longest day, the first swallow of summer or the first fall of leaves. Let nature be your story.
<b>Compassion</b> 	Caring and taking action for nature.	Think about what they can do for nature. To take actions that are good for nature. Recognise shared life stories and be part of the community of nature.	Feed the birds, plant some wildflowers, take part in a beach clean, dig a pond, put up a nest box, watch a wild family grow. Support conservation charities or buy eco-friendly products.