

Urban Safari

Let's notice nature! Explore your neighbourhood, town, city, or local park to find the beauty and wonder in ordinary nature that is all around us.



How many of these can you find?

- | | | |
|---------------------------------------|---|--|
| <input type="radio"/> Something alive | <input type="radio"/> A smell from nature | Something in nature that... |
| <input type="radio"/> An insect | <input type="radio"/> A sound from nature | <input type="radio"/> makes you smile |
| <input type="radio"/> A bird | <input type="radio"/> Something moving in the breeze | <input type="radio"/> is beautiful |
| <input type="radio"/> Soil | <input type="radio"/> A plant growing through a crack | <input type="radio"/> is amazing |
| <input type="radio"/> Lichen or moss | <input type="radio"/> Something tiny | <input type="radio"/> is weird |
| <input type="radio"/> A reflection | <input type="radio"/> Leaf with pointy bits | <input type="radio"/> you'd like to care for |
| <input type="radio"/> A shadow | <input type="radio"/> Something yellow | <input type="radio"/> you will remember |
| <input type="radio"/> A feather | | |

Your favourite things

The best tree

The most interesting bird

The most beautiful plant

Something you want to see, hear, or feel again

Simple acts of noticing everyday nature are the key to growing nature connectedness – a closer relationship with nature that has been found to boost wellbeing and pro-environmental behaviour. These invitations to find nature's gifts in any environment are based on University of Derby's Five Pathways to Nature Connection. For more see bit.ly/NatureConnectionHandbook

