

30 Ways to Notice Nature

Take part in our challenge and try out 30 different ways to notice nature.

<p>There are different ways we can connect with nature!</p> <ul style="list-style-type: none"> • Using our senses in nature • Checking in with our emotions in nature • Appreciating the beauty of nature • Finding meaning in nature • Having compassion or taking care of nature 		<p>1. Find something in nature that makes you wonder.</p>	<p>2. Notice the way nature makes you feel. What emotions do you get in nature?</p>	<p>3. Appreciate the beauty and complexity of the plants you see! Try Botany for Beginners.</p>	<p>4. Create some art inspired by nature, like these backyard creatures.</p>	
<p>5. Reflect on a place in nature that is important to you. Share this with someone.</p>	<p>6. Find a beautiful view or a beautiful nature moment. Make a nature frame.</p>	<p>7. Take a book and read outside in nature.</p>	<p>8. Look up at the sky and see what ngā kapua (<i>the clouds</i>) are doing! Try a cloud safari.</p>	<p>9. Plant something today (e.g. <i>some wildflowers for the neighbourhood bees</i>).</p>	<p>10. Take a photo of a beautiful flower or leaf that you see.</p>	<p>11. Notice nature indoors. Where can you find signs of nature?</p>
<p>12. Find something that makes you feel a sense of joy in nature.</p>	<p>13. Create a story or a poem about a tree or a plant.</p>	<p>14. Do something to care for nature today. Find out more about kaitiakitanga.</p>	<p>15. Notice colours in nature and take a hīkoi uenuku (rainbow walk).</p>	<p>16. Listen out for sounds in nature. Record down what you can hear.</p>	<p>17. Spot some signs for the season - what changes can you see?</p>	<p>18. Go barefoot and notice how it feels.</p>
<p>19. Find a spot in nature to use your 5 senses and take a mindful moment.</p>	<p>20. Eat some kai (<i>food</i>) that came from nature. Appreciate it's journey to get to this moment.</p>	<p>21. Find a whakatauki or a poem that is connected to nature.</p>	<p>22. Take a walkabout and use your senses to look for some contrasting partnerships in nature.</p>	<p>23. Do some window watching - what nature do you notice out through your window?</p>	<p>24. Look for relationships in nature - can you see any wild families of animals or plants and birds interacting?</p>	<p>25. Think about what trees mean to you. Do you have a favourite tree?</p>
<p>26. Take a moment to pause and notice what birds you see. Create a nectar feeder to attract more!</p>	<p>27. Watch how the breeze moves through nature.</p>	<p>28. Look under something in nature. What did you find?</p>	<p>29. Write about what nature means to you.</p>	<p>30. Have a picnic in nature and enjoy eating outside.</p>	<p>Bonus: Come up with your own noticing nature prompt!</p>	<p>How did it feel to notice nature in 30 different ways? Share with us! #createwithaucklandzoo</p>