

Move with your senses

Find a quiet, comfortable spot outdoors where you can be still for a little while. Take a deep breath in, and as you breath out relax your shoulders and notice how the ground feels beneath you.

When you feel comfortable, move your attention to each of your five senses in turn. First notice what you can see, hear, and smell. Switch to breathing through your mouth and notice how the air tastes. Finally move your attention down in to your fingertips and feet to engage your sense of touch.

Begin to slowly move around, exploring textures and noticing how your body feels as it moves. Moving slowly and mindfully helps our minds to slow down and allows our attention to move to the present moment.

Enjoy exploring nature for a while with all of your senses switched on.

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|---|--|
| <input checked="" type="checkbox"/> Take notice | <input checked="" type="checkbox"/> Senses |
| <input type="checkbox"/> Keep learning | <input type="checkbox"/> Beauty |
| <input checked="" type="checkbox"/> Be active | <input type="checkbox"/> Emotion |
| <input checked="" type="checkbox"/> Connect | <input type="checkbox"/> Meaning |
| <input type="checkbox"/> Give | <input type="checkbox"/> Compassion |



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Move with curiosity

Often when we move around outdoors we take a planned route, or have a destination to aim for, but today have fun exploring and move around a greenspace with curiosity. Let yourself go and look at something that catches your eye. Go and see where a path leads to. Have a look what is around the next corner.

If you are exploring alongside someone else, why not take it in turns to lead the walk and share with what you are curious about. This is a great activity to experience even the most familiar spaces in a brand new way.



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Move with nature

Stretch and reach up as far as you can, and imagine reaching out your fingertips to catch the sunlight, just as trees stretch out their leaves.

Sway back and forth a little and imagine you are being moved by the breeze. Plant your feet on the ground and imagine roots growing downwards into the earth, helping you to feel strong and stable.

Think about breathing in the sunlight and feel it energise you, just as a tree would feel.

Take a moment to stretch like this whenever you need.



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Travel with nature

When you are travelling to a location and have some time to spare, explore whether you can take a slower route through nature. Perhaps you could cycle to the shops instead of hopping in the car, or get off the bus a couple of stops early and walk the rest of the way to your destination.

It's amazing how many natural gems you can find in your local area. Active travel through nature is a great way to explore!

Why not try out some of the other activities along your route too to help you enjoy your journey even more?

Pause to take in the scenery, or bring a picnic to make your journey extra special.



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Grounded in nature

Try and concentrate on the soles of your feet as you walk along the ground. Can you move as consciously and quietly as possible and try not to make a sound? You will need to tread softly and slow down your movements.

What can you feel beneath your feet? Are there different sensations as you walk over different types of ground?

If you are in a safe place and feel comfortable, why not take off your shoes and explore barefoot?



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A touch of nature

Pause for a moment outdoors and see if you can find a natural texture to explore with your fingertips. Be careful to avoid any prickles or stings. Take a deep breath and slowly move your fingertips over the texture. How would you describe the feel in one word?

How many different textures can you find?
Notice the diversity.

Imagine shrinking down to microscopic level and finding yourself in the landscape of the texture you are exploring.

What would it be like?



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Take in the View

Spend a few moments looking far out into the distance, let your gaze be drawn to something in nature. Perhaps a tree on the horizon or the clouds in the sky.

When you feel ready bring your gaze closer to you, let your eyes wander back and forth across the landscape noticing nature in the middle distance.

Take your time, and bring your gaze slowly to the nature closest to you. Don't forget to look down at the details by your feet.

Enjoy taking in the view from near to far.



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