**Nature Connection**

**A picture containing clothing, person, standing, wearing

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**NATURE CONNECTION**- *How does developing a stronger connection with the natural world help create personal resilience to address climate change and global sustainability?*

Students will learn about deep and shallow ecology, benefits of natural space, the Gaia Hypothesis and Biophillia. Students will then spend some time in a quiet spot outdoors to connect with nature, during this time, they will reflect and record on what they hear, feel and experience.

**Activities:**

* Work through some of the activity suggestion in the Nature Connections section of this booklet.
* Start by going outdoors with your class on a regular bases 2-3 times a week is best but once a week can work too.

**Nature is Everywhere video! Emma Marris –** watch this video on your own time to gain inspiration on where to find ‘nature’. <https://www.ted.com/talks/emma_marris_nature_is_everywhere_we_just_need_to_learn_to_see_it?language=en>

Consider visiting the Districts Environmental and Outdoor Learning website and search for outdoor nature based activities with your kids to help launch into the experience of connecting with nature. <http://learn71.ca/environmental-outdoor-learning-eol/teacher-resources/nature-education/>