

Name: _____ Course: _____ Date: _____

4. LOCAL ACTIVITY



How does this global topic relate to you personally?

Go to a natural space, you can do this as a circle or individually. It can be a convenient space, such as a nearby park, beach, forest, or some other natural sanctuary, where you will observe nature. Give yourself a little time and space to feel more connected with the natural world. Seek out a quiet, contemplative spot where you can sit comfortably to look and listen without speaking for 30 minutes (the last 15

minutes you may use to write some of your observations). If possible, take a picture of your chosen space to share later.

a. Observe and reflect on any or all of the following:

- Any natural processes occurring around you (e.g., a bee gathering pollen, a flower about to bloom, a bird flying by or a fungus decomposing a fallen tree).
- The peaceful balance of nature at work, without being told what to do.
- Lessons you can relate to from the processes and interactions you observe. Consider any metaphors or examples in nature that express universal wisdom (e.g., trees setting down roots to gather nourishment from Earth and leaves reaching up to gather energy from the Sun, or squirrels storing nuts for a winter day when they need it).
- The experience of you being “seen” by nature.

b. Record your findings in the RESEARCH CHART during, or immediately after your nature sitting.

Research Chart

4.1 Complete Research Chart (use note paper if more space is needed)

<i>Your Nature Location:</i>	
<i>How did you feel before your nature sitting?</i>	
<i>What did you observe?</i>	

<i>What was it like to sit still for that long?</i>	
<i>Did you see any examples from nature that you can relate to your life?</i>	
<i>Did you feel like nature saw and noticed you? If so, how so?</i>	
<i>How did you feel physically, mentally and emotionally when you settled into nature?</i>	
<i>How did you feel after this exercise?</i>	
<i>Any other observations?</i>	

So What?

4.2 Compare your activity results with others in your group. Write down one or more similarities and differences that you found. Label similarities S and differences D.

4.3 What are some conclusions or observations you gained from this activity?

Taking Action

Choose ONE (or MORE) action(s) from your **ACTION SURVEY** in the front of your Action Pack, check it off in **Column B** and record it below. Do the action(s) now.



My chosen action is: _____

I will complete it by: _____