



# Connect with nature

Think about how you have experienced nature over the last few days.  
Take a few minutes to share this by writing about, drawing or  
photographing your experience.

*Here are some ideas to inspire you:*

- Have you enjoyed planting new flowers, or noticed a tree budding into life?
- Are you nurturing seedlings for a vegetable patch or allotment?
- Have you heard the chirping of chicks or watched birds collect food?
- Is there water nearby? What sounds does it make?

*Use this space to write or draw your thoughts*



Here are some pieces of music that were inspired by connecting with nature:

Nina Simone – Feeling Good  
Beatles – Blackbird  
Claude Debussy - Clair de Lune (Moonlight)

Listen to some of your own nature-loving favourites.

Inspiration: Georgiana Spencer, Duchess of Devonshire, was one of  
the first visitors to travel through the Swiss Alps and consider  
them beautiful. The experience inspired her poem  
The Pass of St Gothard.

