

The Nature Connection Handbook

NATURAL ENGLAND

A guide to connecting with nature



The five pathways to nature connection

1

Senses

Exploring and experiencing nature through all the senses



2

Beauty

Seeking and appreciating the beauty of the natural world



3

Emotion

Noticing and welcoming the feelings nature inspires



4

Meaning

Celebrating and sharing nature's events and stories



5

Compassion

Helping and caring for nature



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