

## Ten ways to connect to nature

### 1 Find your sitspot in nature

Where do you feel safe, inspired, calm, vivid, nourished and home outdoors?

Come back to your place regularly over the annual circle and be open for reconnecting experiences with the inner and outer nature.

### 2 Extend your senses

#### Listen like a deer

Put your hands behind your ears and form a bowl. Listen to sounds above, ahead, behind you.



#### Watch like an owl

Stretch out your arms in front of you and focus on what you can see behind them. Now move both thumbs slowly outwards. Follow with your eyes until you can't see the thumbs anymore. Perceive changes in the landscape in that wide angled vision.



#### Sneak like a fox

Slightly bend your knees and place your soles carefully from the outer rim to the inside. Ideally do that barefeet. Watch with your soles! Keeper of the fire is a good game to practice sneaking.



### 3 Let nature be a mentor

Put your general goal orientation aside and give the quiet voice of intuition the chance to show you the unexpected.

Get connected to a place by following your inner voice.

Roam around by focusing on what might come up. In that so called *aimless wandering* listen to your body and let your senses decide which way to take, what to focus on and how long to do that.

### 4 Read tracks of wildlife

Investigate footprints (longer than wider or wider than longer, nb. of digital pads, shape of interdigital pads, size and shape of negative space, claws, measure total length/width)

Measure step length (distance between one and the same foot coming down to the ground) and step width (distance between left and right foot)

Check gait pattern: slow (regular or symmetric order of tracks), direct register (overstep or understep) or fast (groups of tracks), placement of front and rear feet

Look for other signs: scat, scrapings, paths, beds, baths

Use our identification key on  
[www.wildnismentor.eu](http://www.wildnismentor.eu)

Find more inspiration in our blogs on  
[www.wildnismentor.eu](http://www.wildnismentor.eu).

drawings by Felicitas Pagano (birds), Matthias Thieme (owl eyes/deer ears/foxwalk/medicine wheel), Janina Wolf (journal drawings)

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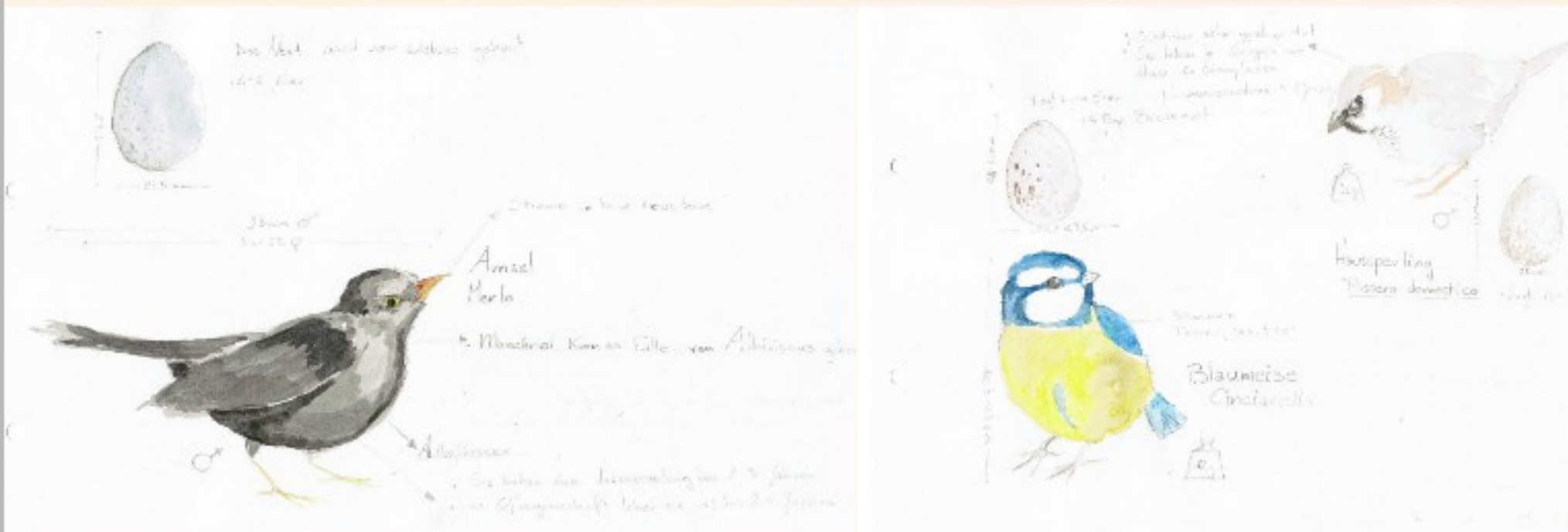
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## 5 Listen to birds

Bird vocalisation indicates territorial claim, courting, begging, company, alarm.

Try to listen for the difference between song and call, baseline and alarm.



Blackbirds, tits and woodpeckers are very sensitive to changes around.

Spot features like silhouette, type of beak, length of legs, top of head, shape of tail, colour of prominent wing feathers, mode of flying.

## 6 Reawake your inner child as well as your senses

Those are some of the games *Wildnismentors* like to play

- Walking like Mammals
- Starlings in a Flock
- Peregrine Falcon Attack
- Squirrel's Nest
- Bark Beetle Attack
- Hide and Seek in the Forest
- Capture the Flag
- Circle Three Times
- Human Tracks in the Sand
- Stick-Drag Game
- Keeper of the Fire
- Wardens on the Way
- Fifteen count

Read descriptions on how to play the games in the media section on [www.wildnismentor.eu](http://www.wildnismentor.eu)

## 7 Get to know your place

Ask field guides about plants and animals.



Use plant and animal identification apps like *iNaturalist* on your smartphone.



Join citizen science projects like *Dawn Chorus*, *Spurenjagd.de* (mapping in whole Europe).

## 8 Share your stories to preserve and expand the treasure



## 9 Return to the circle way

Live in full awareness of the seasons and celebrate the stages of change in nature. Reenact forgotten festivals our ancestors celebrated. Carry out traditional crafts and value the natural materials. Incorporate the circle in group communication.



## 10 Give thanks and sing songs to praise mother earth

Regularly take stock and tell what you are grateful for. Share those moments with your gratitude diary or even better with a group.

Gratitude is shown in gestures of mindfulness, joy and community towards the group and the world around us. We e.g. feel particularly connected while singing nature-songs together.