

# Our Sense-Able Nature

by Kate Trnka

Connect  
with  
nature  
using  
your 54  
senses

## 10 STEPS TO CONNECTING WITH NATURE

1. Check up (how am I feeling now?)
2. Check out (of your mind)
3. Check in (with your heart)
4. Be guided (by what attracts you)
5. Greet your natural attraction
6. Gain consent
7. Experience the grace nature offers
8. Give gratitude
9. Notice gifts received
10. What gifts did you give back?



Sense of Pressure

### 11 Sense of Pressure particularly underground, underwater, and to wind and air

When you're out in the natural world, take note of where nature is under pressure. Notice how nature adapts to the pressure being imposed on it.

#### Journal or Discuss

What were some of the ways you saw nature under pressure? How was the pressure released? What did you notice and/or learn through this activity? What are ways you experience pressure? What do you do to relieve that pressure? How do you handle pressure differently compared to how you witnessed nature handling the pressures imposed on him?

*Courage is grace under pressure. - Ernest Hemingway*

One of the things about nature programs is that they can be expensive. Participating in nature doesn't have to be – after all, nature is FREE. These activities can be done anywhere, anytime.

As a former public school teacher, I taught thousands of students and was saddened by the growing number of students who lacked a sense of love and belonging. I also saw students with ADD, ADHD, depression, anxiety and some even had suicidal thoughts. As the owner of a small business in the holistic health field, I also saw many of the same things surface in the adults I worked with. It was important to me to find a way for these people to feel that they were an integral part of something bigger themselves and that they could, in fact, experience love and support despite the environment they were living in. The activities are designed to engage the members of families/classrooms/groups in mindful dialogue and/or reflective writing about their experiences in nature.

## Mindful reconnecting with nature activities using your 54 senses



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Sense of Color

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### Sense of Color

When you enter the natural world, take notice of ALL the colors you see. Are there different shades of the same color? Notice how each of the colors influences you. Relax, bathe in, and enjoy the colors that surround you.

#### Journal or Discuss

What was your impression of this activity? How did seeing the colors of nature affect you? What feelings were evoked within you as you viewed the colors of the natural world? Which color(s) were you most attracted to today? Why is being able to see color important to you?

*Nature always wears the colors of the spirit. - Ralph Waldo Emerson*

## FOR EVERYONE...

- Teachers
- Students
- Counselors
- Individuals