In the Dales

Nature Connection Activities

YORKSHIRE DALES
National Park

Sound maps

Find a quiet place to sit, with your eyes closed, and bring attention to the sounds around you. As you hear them make a mark or squiggle on a piece of paper.

Focus on the sounds close by, gradually extending your range to the far distance (for example, breathing, rustling, dogs barking, planes).

Meet a tree

In pairs, one person is blindfolded with a scarf, while the other guides them to a tree. Without being able to see, one person touches the tree to feel the different textures. Can you work out how big it is? Now walk away from the tree and remove the blindfold, can the person who was blindfolded identify their tree? Alternative, have bark or twigs in a box to feel and identify with eyes closed.

Nature portraits

Can you find some objects in nature and make a picture on the ground?

It might be a self-portrait, a story-picture or a symbol to highlight something from the day.

Free those toes

There's nothing like the grass beneath your feet to truly feel like you are connected with nature.

Find a spot, take off your shoes and socks and go for a wander.

Experiment with different surfaces and textures, focusing on the different feelings across your feet.

Tune into your senses

Sit or lie in a quiet place in nature, shut your eyes and let your other senses come alive.

Try to think of four things you can hear, three you can feel, two you can smell, and one thing you can taste.

Listen to the wind blow through the branches or the river gurgling. Feel the grass beneath your feet or ferns on your fingertips. Take a deep breath and smell the fresh air.

How do you feel after doing this?

Nature's paint pallette

Use colour cards to find colour matches in nature. Leaders can be a stickler for precision!

Connect with nature

Take in the beautiful scenery. Connect with nature: take a pencil and some card to draw the view.

Try noticing the smaller details in nature – for example, the lines on a leaf, mini beasts in the soil or some lichen – and take some time to draw them.

Explore the patterns and textures of the trees. Find a tree with interesting bark, place your paper against the tree, and rub the crayon over the paper to make a print.

Why not experiment with your drawing, by choosing an object in nature and drawing it without looking at your piece of paper. See what shapes and lines you can create.

10 tiny treasures!

Why not see what treasures you can find along your walk. This could be an autumn leaf that catches your eye, an acorn or a shiny stone.

Challenge yourself to find 10 tiny treasures – but don't pick any living things. And remember to put them back where you found them.

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