

Day 1: Naturalistic Intelligence – Connection with Nature

Theme: Awareness of the natural world and its rhythms



Today, engage with the world around you by tuning into nature. Focus on the surroundings and connect with the elements – whether it's the wind, the trees or the sky.

Before the Walk:

Take a few deep breaths and do some gentle stretches. Set an intention for the walk. Think about how you want to connect with the earth today.

Walk Guidance:

As you walk, observe the natural world around you.

Listen for the birds, rustling leaves or the sound of your feet on the ground.

Look for small details: the shapes of the leaves, the texture of the bark or the colour of the sky.

If you come across a plant or tree, pause and really embrace its shape, texture and colour. Imagine it's telling you a story.

Reflection:

At the end of the walk, ask yourself:

- How did my connection with nature shift today?
- What did I notice that I don't normally pay attention to?
- What do I appreciate more of?