



## 香港學童自然連結感研究 及戶外環境教育推廣計劃

Hong Kong Nature Connectedness  
and Outdoor Environmental Education

# 15 WAYS TO ENGAGE WITH NATURE

### LOCATIONS

### RECOMMENDED ACTIVITIES

1	WOODLAND/PARK /SEASHORE	Find a comfortable spot, close your eyes, and spend 5 minutes listening to sounds you find relaxing (for example, bird songs, insect sounds, wind, water, rustling leaves, etc.).
2	WOODLAND/PARK	Nature's air carries a faint smell of earth, breeze and grass. Spend 5 minutes inhaling the air and pondering what thoughts or memories it evokes.
3	WOODLAND/PARK	Use fallen branches, flower petals and berries to create a portrait of your friend.
4	WOODLAND/PARK	Gently touch the leaves around you, and try to find 5 leaves with different textures (furry, rough, soft, slippery, etc.).
5	WOODLAND/PARK	There are a variety of wonderful scents in nature. Collect natural objects such as pine cones, twigs, rocks, flowers, etc., and share your favourite scents.
6	WOODLAND/PARK /SEASHORE	Observe the moving objects along your path (such as fallen leaves, insects, flowing water, etc.) for 5 minutes. Observe carefully and take note of their movements and distinct features.

Funding Organization



Main Organizer



Main Collaborator



Strategic Education Partner



Co-Organizers



香港青年協會  
the Hongkong Federation of Youth Groups  
可持續發展部  
Sustainability Unit





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RECOMMENDED ACTIVITIES

7	WOODLAND/PARK	Find a place with many large trees. Place your hands and forehead on the tree and hug it tightly, closing your eyes and spending 5 minutes communing with nature .
8	WOODLAND/PARK	Little animals often search for food and shelter on railings and handrails. Try to find their traces on the railings and handrails.
9	WOODLAND/PARK	Have you ever listened to the song of small birds? Listen carefully to the bird's chirping and spend 5 minutes following its sound while looking for its trace.
10	WOODLAND/PARK /SEASHORE	Find a quiet place and spend 5 minutes feeling the temperature of the sunlight and the touch of the breeze.
11	WOODLAND/PARK /SEASHORE	Sit down and look for the colours of nature nearby. Find an item that represents your own colour and try to write down or share your thoughts with others.
12	SEASHORE/ BEACH	Create a drawing on the sand using objects such as branches, expressing your feelings of the day.
13	WOODLAND/PARK /SEASHORE	Find a sunny spot and quietly observe the changes in shadows.
14	WOODLAND/PARK /SEASHORE	Find a place where you can breathe fresh air and do 5 minutes of stretching exercises.
15	WOODLAND/PARK	Find a tree and sit quietly next to it. Drink a cup of tea and enjoy the companionship.

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