



# The Adventures of Jessica Jones & Sox Activity Sheet

## Activity – Connecting in Nature

In “The Adventures of Jessica Jones & Sox and Grandpa”, Grandpa sits quietly with his binoculars, breathing deeply, slowly, patiently *tuning in*. Waiting, watching, *feeling*. Grandpa is waiting for some birds to visit but so much more may appear!

Have you tried sitting, breathing slowly, watching, waiting, ‘tuning in’ in nature before ? Here is one way to try it.



### What you need

You can try this activity anywhere really. Just find a quiet spot outside when you have 15 or 20 minutes to spare and try to do this as regularly as possible.

A notepad and pen, camera, magnifying glass might help.

Definitely leave your phone at home (or on aeroplane mode to use it as a camera).

(turn over...)



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## How to...

- Leave your phone behind and go out into your world to find a place – don't over think it, listen in and follow your intuition, go where your heart leads you. A wild space could be a even be a city park which can be full of wild teachers!
- Take some time to go outside into nature without any technology and observe it. Maybe take a pen, notepad and camera to record what you find.
- Try and go to the same place every day for as long as you're able.
- Be still, quiet and observe your surroundings in order to tune in.
- What are you seeing? What are you hearing and smelling? What are you feeling?
- Wait for something that interests you. Be patient, today something may appear that interests you, or not ? It could be something you find in nature or within yourself!
- If something grabs your attention take a photo, write a description.
- Later, find out what species you are observing. You can do that later by checking in a local nature guidebook, searching online or posting a picture on the iNaturalist app.
- Learn as much as possible about this species or this environment.
- Ask yourself 'how & why' questions about it. How does it work? How does it survive? Why does it live where it lives?
- Suddenly you are a part of your environment - enjoy your connection with wild nature and with yourself.
- Share your knowledge and excite someone else.

Let nature be your teacher...

## Please Remember

**Wherever you go - take special care for your own safety and the well being of any wildlife around you.** Avoid approaching and touching any animals you might see but let them come to you if that is what they choose to do. Be sure you are not putting yourself in any danger. If you aren't sure about the safety of an area you'd like to explore – find and ask a local expert.

## Other Inspirations

Visit [www.russell-irving.net](http://www.russell-irving.net) for more of my books, activities and resources.



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