



Walking Natures – Instructions

- Go to a green area of choice
- Walk alone or together
- Play the cards (below) one by one
- For each card, write down impression and/or make picture that capture your experience
- Share your impressions and experiences through:
 - Signal ([click here to open a chat](#))
 - WhatsApp ([click here to open a chat](#))
 - Manually with **+31 6 24 99 80 63**
 - Email: walkingnatureglobal@gmail.com
- By sharing you give consent we use your words and pictures in full anonymity. You might withdraw data at any moment through contacting us.

See next pages for card set

Walking Natures

Walk to a place that attracts your attention. Stay there and take in the environment with all your senses. What do you notice? Which views, smells and sounds stand out? Which thoughts do they trigger?

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Which places arouse emotions? Do you feel positive emotions? And also negative ones?

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Who or what belongs in this nature?

Can you find plants, trees, animals, and other objects that indeed belong here? Are you also missing someone or something?

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Imagine the ideal future. Where is nature in that future? What is your ideal nature? Now look around you. Is there something that needs to change? Who needs to make that change?

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