



# **Learn the steps to nature connectedness on one of our Connecting to Nature residentials**

**Read on to find out more**

# Connect to Nature with our two night residential

Here's what could be in store for you:

## Day 1

- Arrival, bring your own packed lunch and welcome
- Team building games
- Minibeast hunt
- Room allocation and free time
- Evening meal
- Campfire senses

## Day 2

- Breakfast
- Guided nature walk
- Lunch
- Bushcraft
- Orienteering
- Free time
- Evening meal
- Night hike or Life in a Protected Landscape

## Day 3

- Breakfast
- Environmental art
- Reflection, nature pledges and feedback
- Lunch
- Departure



### Contact

Use the senses to fully engage with nature.



### Emotion

Engage emotionally with nature.



### Beauty

Use the natural world as inspiration for something creative.



### Meaning

Notice how nature appears in songs and stories, poems and art, and celebrate the mystery, signs and cycles of nature.



### Compassion

Help to take care of nature through action.

## Bushcraft

Developing practical skills in the natural environment, participants will work in teams to build shelters and learn how to safely light a fire.

## Campfire senses

This activity gives a chance for participants to spend time under the stars around a campfire. They will complete 5 short activities that are designed to ignite all 5 senses, including toasting something to taste!

## Environmental art\*

In this activity easels and canvases are replaced by the vast canvas of the natural world, inviting participants to become both artists and observers. Armed with an array of sustainable materials – from fallen branches to river stones – participants embark on a journey of creation that celebrates the beauty of our environment.

\*Indoor option

## Guided nature walk

As they walk, participants actively engage with nature. Their senses are heightened by the surrounding sights, sounds, and scents. The guide shares stories about the land's history, helping participants understand the natural world and their connection to it more deeply.

## Life in a Protected Landscape

A role play activity using the participants own imagination to promote understanding of conflicting demands of stakeholders in a Protected Landscape. Finishes with a practical conservation message for participants about the countryside code.

## Mini beast hunt

Exploring the local woodland to discover the vast array of life that lies beneath the logs and leaves. Focusing on discussions about camouflage and adaptations.

## Night hike

Embarking on a night hike is like entering a secret world, where the familiar becomes mysterious and the ordinary takes on an otherworldly charm. Under the cloak of darkness, our intrepid band of adventurers set out into the unknown, guided only by moonlight. Your senses heightened by the absence of daylight and the anticipation of what lies ahead.

## Orienteering

Participants are introduced to the sport of orienteering! Using a course around the hostel grounds, they develop their map reading and navigation skills to take on a fun challenge.

## Team building

Designed to foster collaboration, build trust, improve communication, boost morale, master problem solving, and, importantly...have fun!

Please note, this is a sample itinerary and activities are dependent on location and availability.

**Find out more  
about our  
Connecting to  
Nature  
residentials at  
[yha.org.uk/c2n-residentials](https://yha.org.uk/c2n-residentials)**