

Connecting to nature isn't just about being outside, it's about how you engage and interact with nature. Understanding our feelings and our connection to places, activities, and people, helps us to understand ourselves.

When it comes to connecting to nature there are **Five Pathways** that you can follow to help you improve your wellbeing and relationship with the outdoors. These pathways are **Contact, Beauty, Emotion, Meaning** and **Compassion**.

Taking these Five Pathways we can combine them with photography to help us become closer with nature. Let's try and think about how we could connect to nature in in school (and at home) by using photography to help us. You can use a camera, tablet, iPad or phone. Follow these steps to help:

1. Five Pathways

Read through the Five Pathways and think about which pathway you'd like to use for your photos.

| Pathway | Photography ideas |
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| Contact/Senses Texture/Macro | Although we can't 'touch' or 'feel' the subject of a photograph, by getting up close we can show the subject's texture or patterns. Try and get as close as possible. Ideas: wood, bark, bushes, insects, sand, thorns, frost, feathers |
| Beauty Colour | The natural world is beautiful and full of colour. Find something colourful which really stands out. You might focus on a single colour (maybe a flower) or lots of colours (a flower bed). Ideas: flowers, sunset/rise, butterflies, sky, rainbow, fruit, leaves, a nice view |
| Emotion Selfie/photo of you | When we get out into nature, it can cause us to feel different emotions like – calm, excited, joy, wonder or nostalgia. Show us your emotions by putting yourself in this photo and taking a 'selfie'. A 'selfie' doesn't always need to show your face and you could ask someone to take a photo of you. Ideas: your shadow in nature, your hand in nature, your footprints, use a mirror, a photo of you taking a photo, you half-hiding in nature, playing in nature |
| Meaning Tell a story | We can find meaning in so many things, in ourselves and in nature. It can be hard to 'tell a story' with a single photo but it can be done. Try photographing a bee collecting nectar, a fallen leaf or someone climbing a tree. Get creative. There is meaning in all these things, and we can use our imagination to tell a story. |

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| | Ideas: change of seasons (blossom on trees), plastic on the ground, a cut down tree, favourite wild spot in nature, time with family, your garden, a flower that means something to you. |
| Compassion Taking Action for nature | Connecting with nature is all about humans and wildlife existing in harmony. We can show compassion and take actions that help nature. This photo should show you taking action to help nature and wildlife. Ideas: planting a flower, putting up a bird box, litter picking, recycling, making a poster about helping nature, giving a talk about nature, walking not driving, build a bug hotel, keep pets indoors at night, write a letter to someone who can help wildlife by changing something that they do |

2. Get inspired!

Go for a walk around your home or somewhere outdoors and look for inspiration for your photo. This could be a place like a flower bed or pond, or something like a tree or a bush. Maybe you'll see birds or the footprints of an animal? You could even take a photo of the weather.

3. Taking the photo

You can use your camera, phone, or similar device to support your child in taking a photo that fits within one of the 'Five Pathways' (described above). The student taking the photo will be asked three questions when submitting it for Chester Zoo to view:

1. Which of the 'Five Pathways' have you chosen for your photo?
2. How does your photo link to your chosen pathway?
3. What made you choose this photo to show?

To upload your photos and blurbs, please [CLICK HERE](#).