



NATURE
CONNECTION
RESOURCE //
SPRING

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NATURE CONNECTION RESOURCE // SPRING
SEE //

THINGS TO LOOK OUT FOR:

HERBS & FORAGING //



Dandelion Flower



Nettle



Chickweed



Cow Parsley



New Bramble Leaves



Winter Purslane



Cleavers



Red Clover



Hawthorn Buds

FLOWERS //



Blue Bells



Daisies



Crocuses



Wood Anemone



Daffodils



Violets

NATURE CONNECTION RESOURCE // SPRING
SEE //

THINGS TO LOOK OUT FOR:

NEW BUDS AND FIRST LEAVES ON TREES //



Budburst on elder tree



Beech tree buds



Cherry tree blossom



Magnolia flowers



Hazel catkins



Silver birch leaves + catkins



Alder catkins



Cherry blossom (white)



Hawthorn buds + leaves

BIRDS //



Pigeon



Robin



Blackbird



Bluetit



Greatit



Magpie



Crow



Nests in the trees

LISTEN //

SOUNDS TO LISTEN OUT FOR:

BIRDS SINGING IN THE TREES

- Can you hear the calls of a few different birds?
- Can you distinguish the sound of 1 single bird among other bird song?
- Can you hear the gentle buzz of a bee coming out of hibernation?
- Can you hear the wind rustling in any evergreen trees?
- Can you hear branches of deciduous trees clanging together in the wind?
- Is it louder or more quiet in the park than usual?
- Can you hear sirens, people talking or road works in the distance?
- Can you hear or see planes overhead? Are the skies quieter than usual?

FEEL //

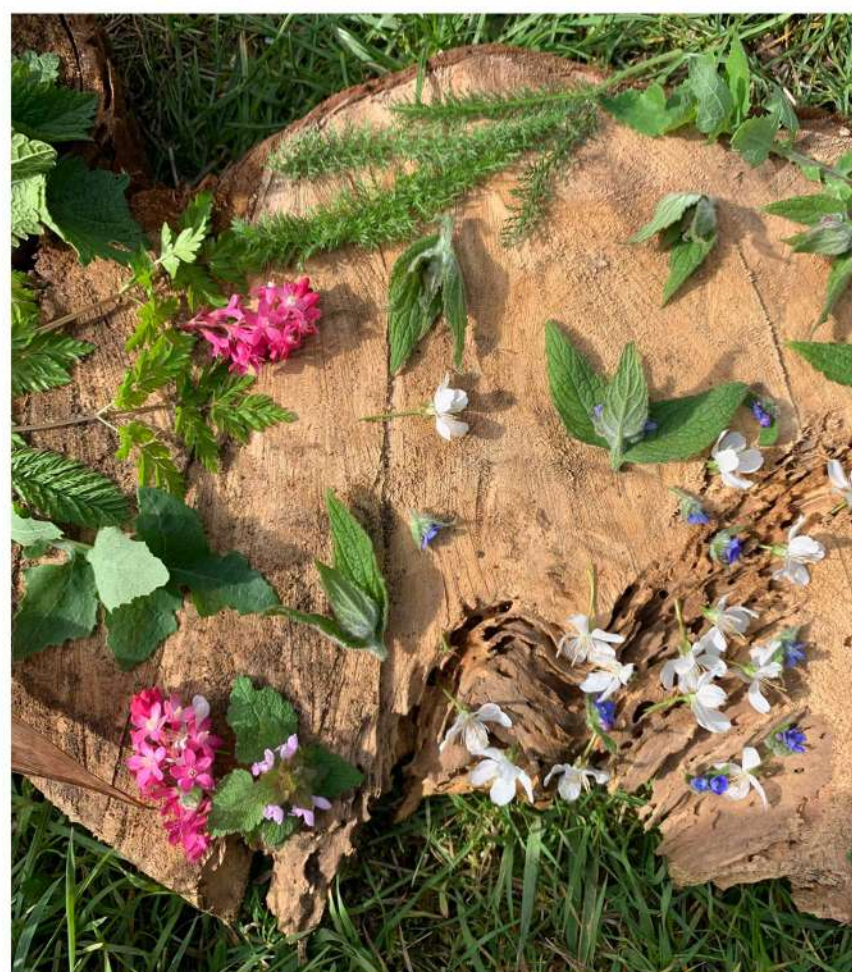
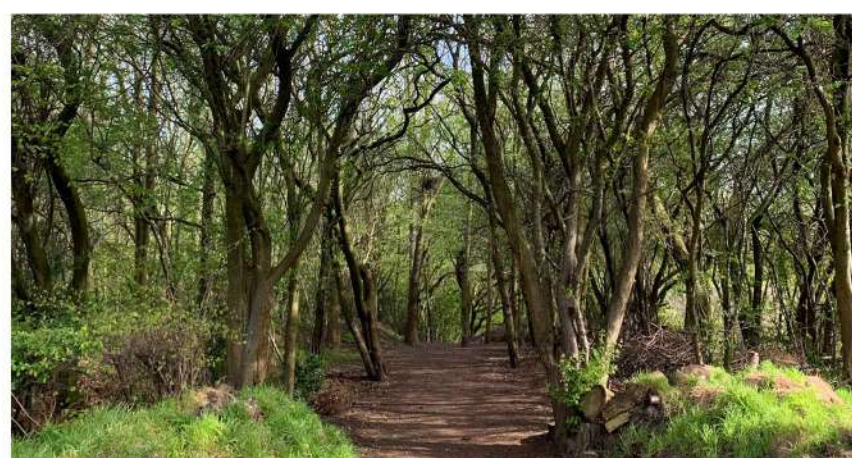
MEDITATION

Stand firmly on your feet. Close your eyes if you'd like to, or gaze at the ground or green space you're in. Feel the soles of your feet in your shoes, standing on the earth. Let your arms hang by your side. Relax your tongue. Take a deep breath - in through your nose and out through your mouth. Take another 3 breaths in this way. What can you hear - birds singing, leaves rustling, a dog barking, silence? Enjoy these sounds for a moment, whatever they are, without judgement. Come back to the feeling of the soles of your feet pressing against the ground. If you would like to, remind yourself you are held by the earth and nature. Take another breath and open your eyes if they were closed. Notice how you feel now.



NATURE CONNECTION RESOURCE // SPRING FIND //

- Find something in nature that has the texture... soft, hard, slippery, rough, smooth
- Find something that makes you feel calm
- Find something that makes you feel a sense of belonging
- Find the oldest thing you can and guess its age
- Are there any tree stumps around? If so, count it's ring to work out how old the tree was when it was cut down.
- Work out what ring was the year you were born
- Bring to mind the fact that London was once mostly covered in trees, can you see any evidence of this?
- Find a plant or herb that you'd like to learn more about
- Notice the plants, herbs and wildlife that you know the names of. Acknowledge that they are continuing into Spring- coming out of hibernation, building nests and putting out new shoots, leaves and flowers despite what is happening around them



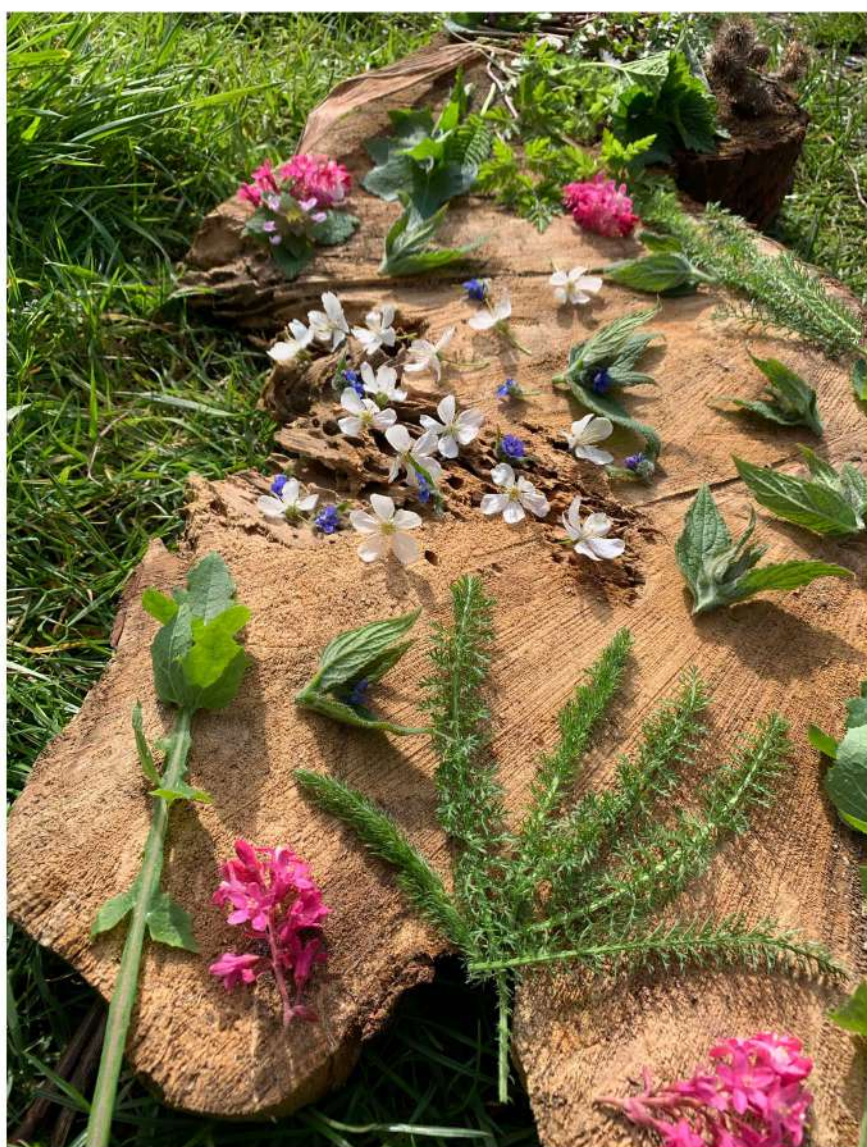
DO //

TAKE A BAREFOOT WALK //

Take off your shoes, tie them to your bag and take a short walk with bare feet in grass, on mud or whatever is underfoot in your green space. Notice the feel and the temperature of the earth underneath your feet. Is it cool, cold, soft, slimey, hard? When you put your shoes back on, notice the difference in feel and temperature of your shoes. Notice if you feel different or calmer after doing this.

MAKE A NATURAL ART PIECE //

Find a few handful of objects (leaves, flowers, stones, bark ect) and a spot you enjoy being in- for example, under a tree or in grass. Arrange the natural objects together in a pattern that you like the look or feel of. This can be as simple or complex as you'd like. Once you've finished, take a step back and notice how simple it is to create something beautiful in nature. You can leave it there as an offering to nature and for others to enjoy, or distribute the pieces back among the leaves and twigs.



DO //

MAKE A NATURAL ART SCULPTURE/TOTEM POLE //

Find a large stick or fallen branch and take it to a spot in the open that you enjoy. Dig a small hole in the ground and place the stick upright into the hole. You may need to place some rocks or other found objects around it to keep it upright. You can hang leaves off it or keep it as it is. Stand back and notice that anything can become art in nature.

BRING NATURE INTO YOUR HOME //

Collect a few pieces of nature that you like - twigs, leaves, herbs, stones, branches. Take them home and place them somewhere special in your house. It can make a real difference to being inside when nature feels a little closer. Remember to follow responsible foraging guidelines when taking things out of their natural environment. When at home, you could arrange them in a pattern or just place them as they are. It can also be nice to enjoy them at home for a while, and then take them back to where they came from, acknowledging this when you give them back.

THINK OF A NATURAL ENVIRONMENT //

Think of a natural environment you would love to see and experience or that brings you a sense of calm. This could be snow capped mountains, deserts, wild flower meadows, woodland, bluebell forests, sandy or pebbly beaches, the sea or ocean. It could also be a campfire, garden or wild herbs, any scene that connects you with a sense of spaciousness, joy or peace. Find a picture of this landscape when you get home. If you can, print it out and stick it on the wall or put it as your laptop or phone wallpaper.

