



Be creative with your Walk for Earth

Thoughts to 'walk with'

How is the natural world important to you in your life?

How does being in nature make you feel?

Why is an ecocide law important to you?

The governments of at least 16 countries across the world have expressed support for a law of ecocide. How would you feel if the UK supported it too?

"We can be a presence, as a species, that can cause all other life to thrive."

Pat McCabe, indigenous leader and international speaker.

Sit Spot - nature connection activity 20mins

We hope you'll be amazed by what you get from this.

It's best done solo - if you're with others, space yourselves apart so you're not distracted.

If you have trouble sitting on the ground, use a camping stool/folding seat/mobility aid

- Choose a spot where you're surrounded by nature, where it's unlikely you'll be disturbed. Could be a wood, a river bank, a quiet local park, your own garden, or from a window.
- You might want to be against a tree trunk or on a bench. Be comfortable - but not sleepy!
- If you have a watch, set a timer for 20 mins, so you can forget about time.
- If your timer is on your phone, put the phone on airplane mode. Otherwise, switch it off.
- Keep as silent and still as you can, and just watch your surroundings, without a sense of expectation. Relax your body and breathing. Forget about the timer - it will go off when it's ready :) Notice what happens and what you see.
- Now try going back to the 'thoughts to walk with'. Does this change how you answer?



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Digital Mosaic - audio/visual activity

If you're comfortable with your content being used on social media, we'd love to know more about why the more-than-human world is important to you personally. We'll compile everyone's images into a digital mosaic at the end of the project.

Your response could be visual, audio, or both. You could photo a favourite nature spot, flora or fauna, record yourself speaking a poem, photo some craft work you've done that reflects your connection with and care for the living world. If you're posting an image, add some text with it to tell the story behind it. Why did you choose it? Why is that place or aspect of nature important to you personally?

Here are some suggestions of what to capture, and how. Choose one you like, or be creative and make up your own:

- A close-up of something in the living world that inspires you along your route. If you like research, find out why it's important to the local, regional or national ecology
- A wider shot of you and your fellow walker(s) beside something larger in the living landscape where you are that's inspiring or important to you
- A mandala - or the Stop Ecocide logo - that you could make from natural objects you find on your walk (be careful and respectful in what you use, and in the size you make it. Try not to pick things that are growing).
- If you've made a piece of craft work, or a drawing or painting (perhaps inspired by your walk), take a good photo of it - make sure you have enough light.

The post your image on your social media using the hashtag #WalkforEarthUK, and we will compile everyone's content into a digital piece at the end of the project.

Thank you for taking part!