



## 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?