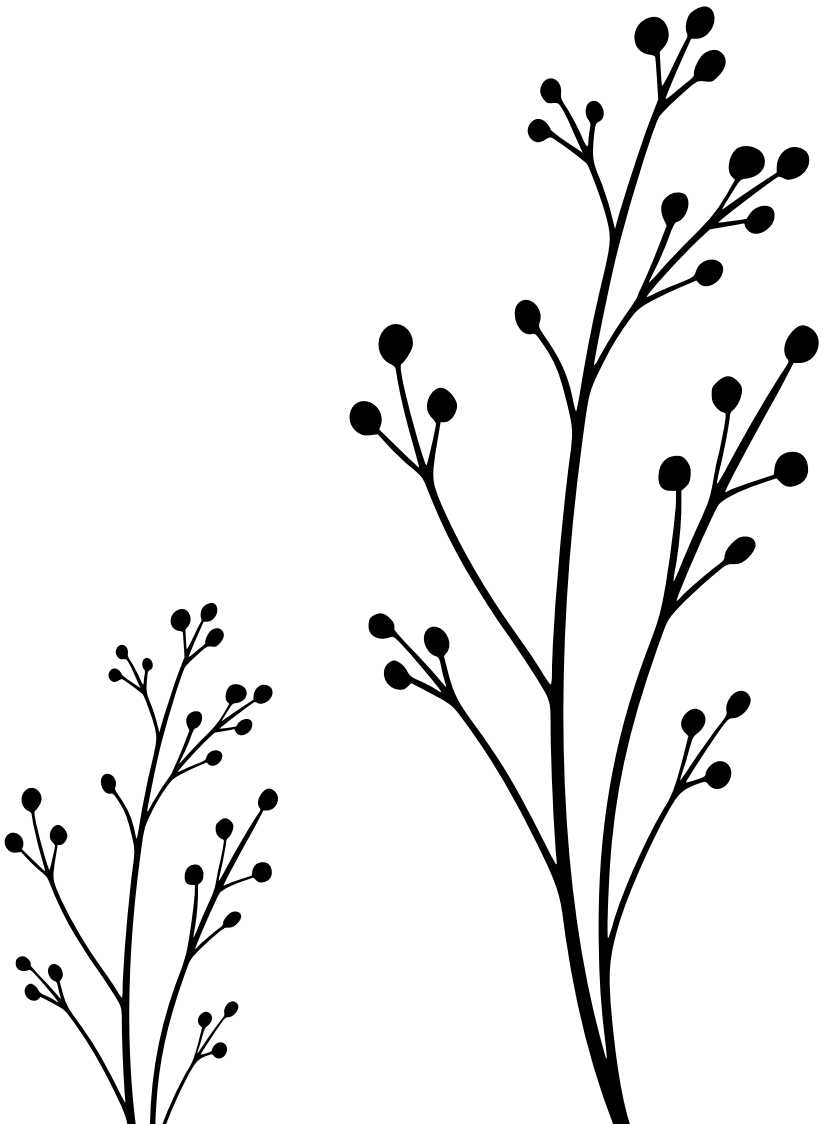




WALKING IN NATURE  
REFLECTIVE LOG

This reflective log was inspired by **Sense of Place**, a collaborative project between Newcastle University, Northumberland National Park, the Hatton Gallery, and Helen Grierson Glass.



# SENSES

Consider your senses. How have they helped you engage with nature? You may find it helpful to think about what you have **seen, heard, smelled, felt, tasted.**

# BEAUTY

Draw or write about an aspect of nature that has **inspired** you.

# EMOTIONS

You may **experience emotions** such as joy, wonder and calm when spending time in nature. Have you felt any of these or other emotions when out in nature? If so, you can share examples below.

# MEANING

How have your experiences of nature **inspired you to be creative**? How might you continue to be inspired by nature?

# CARING FOR NATURE

Do you have ideas about things you might like to do or are already doing to help **care for nature**?

