20 in 30 for 10

Nature Awareness Experience

DIVERSITY EDUCATION IN NATURE | GENERAL VERSION



We can grow our ability to build belonging for ourselves, for others, and, at the same time, for the other-than-human world through the nature awareness skills of attending, wonderfulling, and pattern-seeking. Attentiveness helps us understand more. Wonderfulling gives us more WOW and grows our curiosity. Pattern-seeking helps us see beauty and better understand why things are the way they are. When we practice these skills in the other-than-human world, we become better able to use them in our human communities. To create communities of belonging, we need to go from empathy to radical empathy. This means moving beyond understanding what others need to actually doing something that builds communities of belonging.

If you enjoy challenges, here are 20 experiences in wild nature. The challenge: In 30 days, have 20 experiences of 10 minutes each. Of course, for those who do not like lists and metrics, do as many as you want, for as long as you want, in as many days as you want. Don’t even keep track. There is no wrong way, and remember, some is better than none.

After each experience, a reflection question will help you consider how these experiences can give you a toolkit for growing a greater sense of belonging and empathy for yourself, your community, and the life that surrounds us all.

BEGIN YOUR 20 EXPERIENCES

1. **Watch clouds for … minutes**
   How can things change slowly and then suddenly look so different?
2. **Keep your eyes closed for … minutes**
   How can awareness grow using all our senses?
3. **Lie down for … minutes**
   What can happen if you change your perspective?
4. **Look through binoculars or a hand lens for … minutes**
   How can changing distance reveal more?
5. **At dusk or dawn, sit still and silent for … minutes**
   How can empathy grow with more time and patience?
6. **Draw or write for… minutes**
   How can permission to be creative foster new ideas?

Nature Awareness Experience

ACTIVITIES 7–20 | REFLECTION & DISCOVERY

GENERAL VERSION

7 **Take a friend with you for … minutes**
How can having a partner help you learn more?

8 **Lean against a tree for … minutes**
How can opening your thoughts to all living beings open your heart?

9 **Make a list of questions for … minutes**
How does asking questions of good intent raise awareness?

10 **Make a list of patterns for … minutes**
What patterns bring you joy, and what patterns don't?

11 **Go out on a rainy day for … minutes**
How do we turn unease into ease?

12 **Imagine you are an animal; where would you find food, water, and shelter for… minutes**
How can thinking about other lives make you more empathic?

13 **Bring a child on a walk for… minutes**
How does sharing time outdoors create more empathy and belonging?

14 **Use the Merlin Bird ID app and Seek by iNaturalist app for … minutes**
How does the life around us show the importance of diversity?

15 **Follow the movements of an ant or other animal for … minutes**
What role models can you find in the other-than-human world?

16 **Walk slowly for … minutes**
How does slowing down build awareness?

17 **Study one square foot of the ground for … minutes**
How does looking closely build awareness?

18 **Watch water flow for … minutes**
What can moving water teach us about change?

19 **Look under the leaves for … minutes**
What can you uncover by moving things aside?

20 **Visualize the connections between all the parts from where you are.**
How are you connecting to this place and to others?

DISCOVER THE WILDLIFE AROUND YOU



