



Your Natural Connections Plan

Use this worksheet to build your personal Natural Connections Plan. This is a way for you to identify activities you would like to do to add more nature to your life. This could be what you do on a daily basis that takes little time. Or, perhaps you want to plan nature-based activities weekly or occasionally.

Describe a place outdoors that brings you joy.

Identify a few ways that you currently notice, encounter or engage with nature.

List new activities identified throughout the workshop that interest or excite you to consider trying.

List 2 things you could do outside and inside at your home.



Your Natural Connections Plan, continued

What are 2 things you could do in your neighborhood?

Top 3 things you intend to do to enhance your natural connections and bring more nature into your life.

List 2 things you could do in a particular season
(spring, summer, fall or winter).

What are 2 things you could do further away from
your neighborhood?

List 2 things you could do with your children, or other kids in your life.

