

## 11 Activities That Activate Deeper Experiences With Plants, Birds and Trees

One of the biggest 21st century challenges is finding ways to connect with nature in a world filled with electronic gadgets and distractions.

I have many theories about why close encounters with plants, trees, birds and other wildlife helps people enjoy their lives and make a bigger impact on the world.

But rather than share these theories, I'd rather give you some practical things you can do immediately to have closer experiences with these natural elements. This is an opportunity for you to have fun in nature and learn some cool skills that will really enhance your life.

I challenge you to do these activities. They're not difficult by any means... and they will help you become a more natural person.

1. Make a list of 5 local plants & read about them in a field guide/online
2. Try to find those 5 plants in the real world
3. Find 10 flowering plants (do this one in spring or summer!)
4. Make a list of 3 local trees & read about them in a field guide/online
5. Try to find those 3 trees in the real world
6. Watch a squirrel for at least 5 minutes
7. Draw a map of a local park (include vegetation, water, wildlife observations, etc.)
8. Collect 5 local nature mysteries and bring them home with you
9. Sketch a local animal track from a field guide/online
10. Watch a crow for at least 5 minutes
11. Explore 3 new natural locations (Parks, walking trails, etc.)

Warning: Don't underestimate the simplicity of these challenges! This WILL tune your senses to nature in ways you've probably never experienced before. Always remember to use your eyes & ears to *pay attention when you explore nature*.

The plants, trees and birds might even become your friends...

Let me know what happens!

Brian Mertins