

## Nature Awareness



*Learner Kate uses 'sky eyes' – a mirror pointed upwards – to get a different perspective on the forest.*

### **Sharpening the senses**

On 23<sup>rd</sup> February Penny Evans led six learners in Nature Awareness in the woods around the Wembworthy Centre. For learner Cathy Gleeson the day was 'absolutely brilliant! Penny's approach – inviting people to just relax and enjoy – was spot-on. She led us in a series of exercises and games designed to awake and sharpen our senses. I recently had eye surgery, and I found concentrating on my vision really helpful. We all practised stalking, a useful skill for wildlife watchers as it enables you to get really close to animals. It also encouraged us to concentrate really hard on our hearing – in order to listen out for and respond to natural sounds.'

### **Food for Thought**

Learner Sue Smith takes her dog walking most days and says she is 'aware that there's stuff going on that I'm not tuned in to. This course made me feel more in tune by making me more aware of my senses and of how to use them more sharply to relate to nature.' Louise Young is a teaching assistant and runs an outdoor environmental club as part of her duties, and she attended Natural Awareness hoping to pick up skills 'I personally got a lot out of it, because some of the activities I did I'll be able to do with the kids. It gave me food for thought to go back to the group with.'



*Blindfolded learner Nick is led by Simon to 'meet a tree', using touch alone.*