
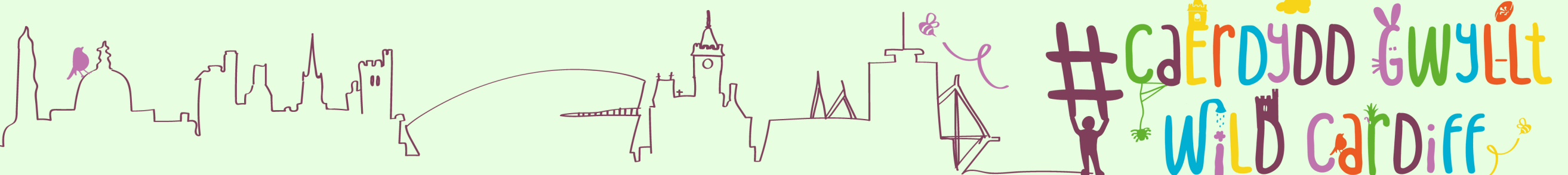


The 5 Pathways to Nature Connectedness


When thinking about what activities to prepare in order to support connecting children and families with nature, it is useful to consider the Five Pathways to Nature Connectedness, created by the University of Derby. These pathways have been developed through years of research by various professionals and will guarantee a connection to nature for children. Each pathway lends itself to a certain style of learning and development, and by ensuring you have activities that incorporate two or more of these pathways, you are making the activity accessible and more inclusive to a wider audience. It is interesting to note that Derby University found knowledge-based activities, such as observing the natural world and increasing understanding, were not classed as connections to nature. Similarly, purely utilitarian (e.g. growing veg and hunting) and dominionistic activities (e.g. using natural spaces for sport) were not related to nature connection.

Pathway	This pathway is about...	We're encouraging everyone to...	Things you can try...
 Contact	Tuning in to nature through the senses.	Notice and actively engage with nature, spending time fully experiencing nature with all of their senses.	Listening to birdsong, smelling wild flowers, watching the breeze in the trees, going barefoot, tasting the fruits of nature.
 Emotion	Feeling alive through the emotions nature brings.	Engage emotionally with nature. To find happiness and wonder with nature. To note the good things in nature, the joy and calm that they can bring. To embrace nature at times of sorrow.	Find joy in wildlife at play, taking a moment to feel calm with nature. Find wonder in a spiders' web. Reflect and share your feelings about nature with others.
 Beauty	Noticing nature's beauty.	Find beauty throughout the natural world. Every day, take time to appreciate beauty in nature, engage with it through art or in words.	Create some wild art, paint the amazing colours of insects, take a photo of a flower, visit a place with an amazing view.
 Meaning	Nature bringing meaning to our lives	Explore and express how nature brings meaning to their lives. To notice how nature appears in songs and stories, poems and art. How special places are natural places. To celebrate the mystery, cycles and signs of nature.	Create a story about a tree, map the journey of a bee, find folktales about nature, celebrate the longest day, the first swallow of summer or the first fall of leaves. Let nature be your story.
 Compassion	Caring and taking action for nature.	Think about what they can do for nature. To take actions that are good for nature. Recognise shared life stories and be part of the community of nature.	Feed the birds, plant some wildflowers, take part in a beach clean, dig a pond, put up a nest box, watch a wild family grow. Support conservation charities or buy eco-friendly products.



Y 5 Llwybrau i Gysylltu â Byd Natur

Wrth feddwl pa weithgareddau i'w paratoi er mwyn helpu i gysylltu plant a theuluoedd â byd natur, mae'n werth ystyried y Pum Llwybr i Gysylltu â Byd Natur, a luniwyd gan Brifysgol Derby. Datblygwyd y llwybrau hyn yn dilyn blynyddoedd o ymchwil gan weithwyr proffesiynol amrywiol a byddant yn sicrhau cysylltiad â byd natur i blant. Mae pob llwybr yn addas ar gyfer arddull dysgu a datblygu penodol, a thrwy sicrhau bod gennych weithgareddau sy'n ymgorffori dau neu fwy o'r llwybrau hyn, rydych yn gwneud y gweithgaredd yn hygyrch ac yn fwy cynhwysol i gynulleidfa ehangach. Mae'n ddiddorol gweld bod Prifysgol Derby wedi canfod nad oedd gweithgareddau sy'n seiliedig ar wybodaeth, er enghraifft gwyllo byd natur a chynyddu dealltwriaeth, yn cael eu dosbarthu fel cysylltiadau â byd natur. Yn yr un modd, nid oedd gweithgareddau cwbl iwtilitaraidd (e.e. tyfu llysiau a hela) ac arglwyddiaethol (e.e. defnyddio manau naturiol ar gyfer chwaraeon) yn berthynol i gysylltu â byd natur.

Llwybr	Mae'r llwybr hwn yn ymwneud â...	Rydym yn annog pawb i...	Pethau y gallwch roi cynnig arnynt...
 Cyswllt	Cysylltu â byd natur drwy'r synhwyrâu.	Sylwi ac ymgysylltu â byd natur, a threulio amser yn profi natur â phob un o'u synhwyrâu.	Cwranddo ar gân yr adar, arogli blodau gwyllt, gwyllo'r awel yn y coed, mynd yn droednoeth, blasu ffrwythau natur..
 Emosiwn	Teimlo'n fyw drwy'r emosiynau y mae natur un eu hysgogi.	Ymgysylltu'n emosiynol â natur. Darganfod hapusrwydd a rhyfeddod ym myd natur. Nodi'r pethau da ym myd natur, y llawenydd a'r tawelwch y maen nhw'n gallu eu hysgogi. Cofleidio natur ar adegau trist.	Darganfod creaduriaid mawr yn chwarae, cymryd eiliad i deimlo undod â natur. Rhyfeddu at gywreinrwydd gwe corryn. Myfyrio a rhannu eich teimladau am natur gyda rhywun arall.
 Harddwch	Sylwi ar harddwch byd natur.	Darganfod harddwch ym myd natur. Bob diwrnod, cymerwch amser i werthfawrogi harddwch byd natur, ac ymgysylltu â natur drwy waith celf neu mewn geiriau.	Crëwch gelf gwyllt, peintiwch liwiau anhygoel pryfed, defnyddiwch eich camera/ffôn i dynnu llun blodyn, ymwelwch â lle sydd â golygfa wych.
 Ystyr	Mae natur yn dod ag ystyr i'n bywydau.	Archwilio a mynegi sut mae natur yn dod ag ystyr i'w bywydau. Sylwi sut mae natur yn ymddangos mewn caneuon a storïau, cerddi a gwaith celf. Sut mae lleoedd arbennig yn lleoedd naturiol. Dathlu rhyfeddod, arwyddion a chylchredau natur.	Crëwch stori am goeden, mapiwch daith gwenynen, chwiliwch am straeon gwerin am natur, dathlwch y diwrnod hiraf, gwennol gyntaf yr haf neu ddechrau cwmp y dail. Gadewch i fyd natur fod yn stori i chi.
 Tosturi	Gofalu a gweithredu er budd natur.	Meddwl ynglŷn â beth allan nhw ei wneud i helpu natur. Gwneud pethau sy'n dda i natur. Cydnabod storïau bywyd cyffredin a bod yn rhan o gymuned natur.	Bwydo'r adar, planhigion a blodau gwyllt, cymryd rhan mewn gweithgaredd glanhau traeth, gwneud pwll dŵr, gosod blychau adar, gwyllo teulu gwyllt yn tyfu. Cefnogi elusennau cadwraeth neu brynu cynnyrch eco-gyfeillgar

