

21 Minutes
for Wild
Places

Your Wild Adventure...



1 Your wild place

Can you take 21 minutes to explore a wild place, and tell us what can you discover?

To start, take 3 slow breaths. Look around you. What kind of wild place are you in?

- Forest
- Hills
- Park
- River
- Loch
- Beach

Other:

A wild place is somewhere where nature leads the way.



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What makes this place wild?

e.g., fallen leaves, mud, moss rocks, animal tracks, plants growing freely, water flowing naturally, signs that nature is flourishing.

2 What can you notice?

I can see

e.g., something green, moving, very small, very tall, something that wasn't there last time you visited, what lives there...

I can hear

e.g., birds, wind, water, insects, leaves rustling, something else...

I can smell

e.g., fresh air, earth, soil, flowers, trees, rains, etc.

I can touch

Only touch what is safe

e.g., something rough, smooth, soft, cold, warm, etc.



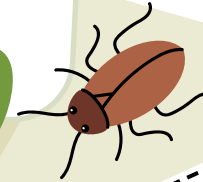
4

How did it make you feel?

- Calm
- Happy
- Curious
- Excited
- Peaceful

Other:

Draw your wild place.



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Did you love your 21 minutes in a wild place?

Join the **John Muir Trust** for **£21** and help protect wild places for everyone, forever.

