



Nature is our main character. But we cannot leave ourselves out - sometimes your shadow or your reflection in a puddle or lake water reminds us of this. Your feelings and thoughts are important because they influence what you notice, how you perceive the world, how you behave.

Each of us is a part of nature, one among billions of living beings. But each of us is also unique and can create our own unique story about the world - which is what we are offering you.

And the first step is to see different natural phenomena through your own eyes, without prompting from others. Imagine that you are your favourite wild animal and set off on an expedition into the world in search of nature's treasures. Animals are more alert than us, they don't think as much, they notice more - so try to see through the eyes of the animal. You don't know what you are looking for, it will turn out later...



## Nature and you

Here, write down or draw all the feelings and emotions that will arise during the expedition. What will delight you, worry you, surprise you. What will make you smile and what will make you sad. Make a note of what made you feel this way.

