

7 Days of Nature Connection

*Reconnecting you with nature,
one breath at a time*



Kokoro Grove

Welcome to your 7 Days of Nature Connection

Each day is an invitation to focus on the nature that surrounds you – be it a forest or a pot plant, this is a moment just for you, to take just five minutes to slow down, breathe a little deeper and relax, calling on your senses to connect a little deeper with nature, with the option to extend that time if you wish.



Day 1 – Just Breathe with Nature

Today, I invite you to find a quiet spot—somewhere that you feel comfortable and safe, outside if you can, or by an open window. Aim for five minutes and set a timer so you are not having to watch the clock and can relax into the moment. Sit or stand comfortably. Then gently slow and deepen your breathing. Let your body soften.

Notice what's moving around you. Can you see leaves dancing, branches swaying, clouds drifting? Can you feel the air on your skin, or the warmth of sunlight? There's nothing to do, nowhere to be—just breathe and be with nature for a few moments. Let your breath fill your body and let any stress you are holding dissipate as you breathe out. Stay for as long as you need, just noticing, just breathing.

How did breathing with nature make you feel?

Here is some journaling space – take some time, now or later, to write any thoughts or feelings that have surfaced. The journal pages are here to help encourage dialogue with nature and yourself - not to analyse, but to simply notice. To gently honour and deepen the felt experience.

Day 2 – A Moment for Touch

Today I invite you to find a nature being - perhaps a leaf, a pebble, a flower, or even a twig. Find something natural that calls to you. If you're indoors, try a houseplant or perhaps a pinecone or shell. Set your five-minute timer and take a calming breath.

Now, I invite you to close your eyes (if that feels comfortable) and slowly run your fingers over your object. What do you notice? Is it rough or smooth? Warm or cool? Bumpy, silky, sharp, soft? Let your sense of touch explore it fully, as if you've never felt it before. Take your time. Let this be a moment to connect to nature through your fingertips. When you open your eyes again, do you see your nature being any differently? Perhaps if you wish, you can explore other textures in this way.

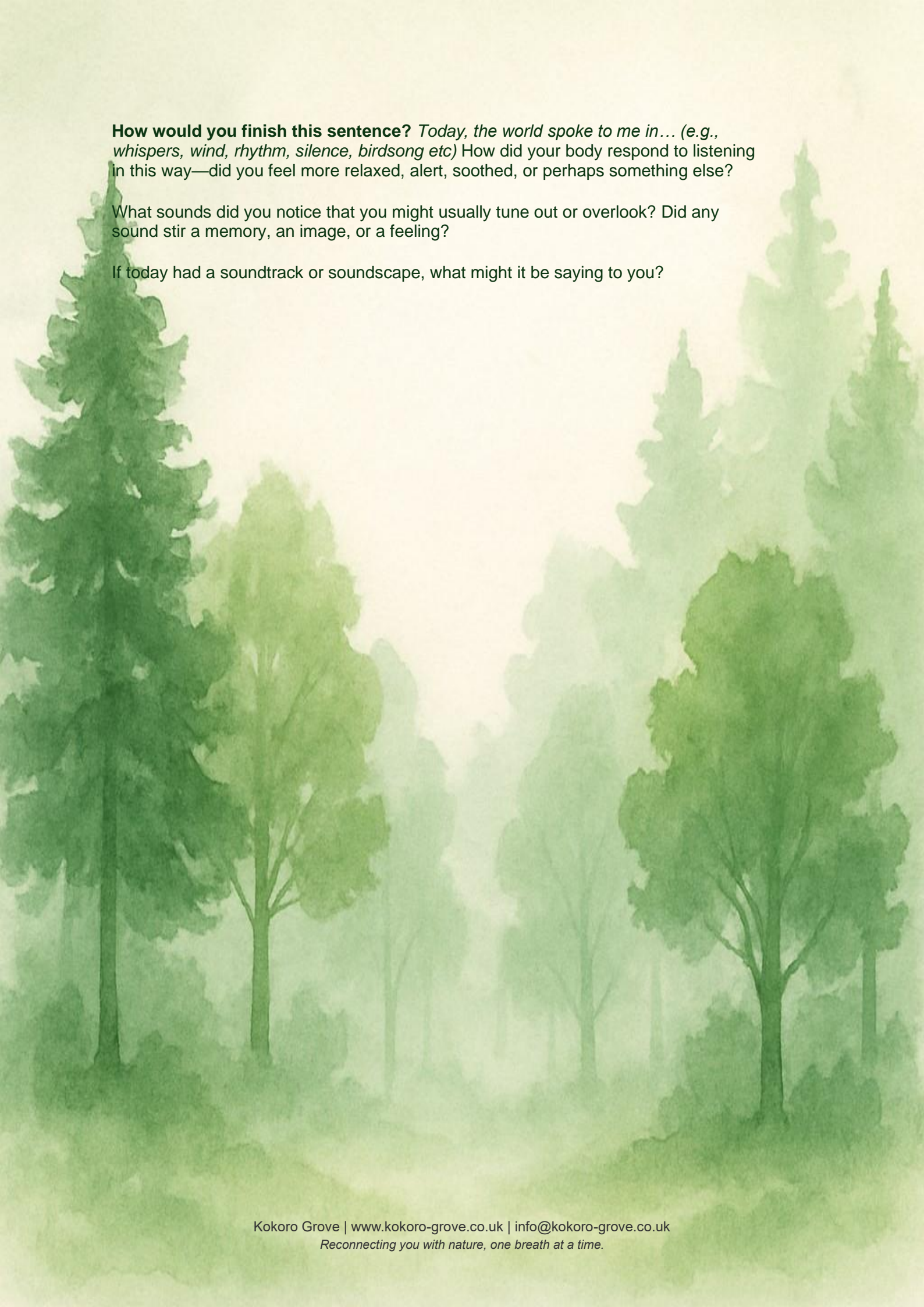
If you feel comfortable, write feely without need to edit, let your subconscious thoughts find their way onto the paper.

What did you notice through touch that surprised you? How did it feel to slow down and explore with your hands, rather than your eyes?

What words would you use to describe the texture of your chosen object? Do those words reflect anything about how you're feeling today? Did this object remind you of something—a memory, a place, a mood?

Day 3 – Listen to the Tapestry of Sound

Today, I invite you to pause for a few moments somewhere quiet, indoors or outside, sitting or standing, whatever feels comfortable today. Set your five-minute timer and take a calming breath, then turn your attention to the layers of sound that surround you. Close your eyes if it feels comfortable to do so. What sounds, near or far, can you hear? Perhaps birdsong, leaves rustling, distant voices, or even the hum of a fridge or the wind against a window. The sounds don't need to be labelled or judged as good or bad, just acknowledged. Listen not just with your ears, but your whole body, hearing the layers of sounds ebb and flow, letting them all just wash over you.



How would you finish this sentence? *Today, the world spoke to me in...* (e.g., *whispers, wind, rhythm, silence, birdsong etc*) How did your body respond to listening in this way—did you feel more relaxed, alert, soothed, or perhaps something else?

What sounds did you notice that you might usually tune out or overlook? Did any sound stir a memory, an image, or a feeling?

If today had a soundtrack or soundscape, what might it be saying to you?

Day 4 – Colour Hunt

Today I invite you to do a gentle scavenger hunt; to pick a colour you feel drawn to - green, yellow, brown, blue, whatever feels right for you today, and head outside or simply look out your window. There is no rush, set you five-minute timer or spend all day if you wish. Notice, slowly and gently, where that colour appears. Perhaps take some photos, noticing how this colour makes you feel. Can you find different shades of it? A soft moss green, a bright leaf green, a dusky olive? Let yourself move slowly, curiously, as if discovering that colour for the first time, acknowledge it and notice how it makes you feel.

What colour did you choose today on your scavenger hunt, and what drew you to it? If this colour had a message for you today, what might it be?

Writing about your experience, good or bad, expressing your thoughts and your feelings, gives you the opportunity to look back and recall your experience and how you felt at the time. By journaling this way, over time you can detect thought patterns and see how far you have come or simply remember the experience as something that would otherwise be lost in time.

Day 5 – Grounding with the Earth

Today *might* need a little imagination, if this is difficult, tune into your senses and follow along, just being in the moment for a while. I invite you to set your five-minute timer and stand or sit somewhere with your feet flat on the ground - on the ground perhaps in the garden, on a balcony, or even indoors by a window. I invite you to bring your awareness to the contact between your body and the earth (or floor), to feel the steadiness it provides. Feel your body surface connecting. Imagine that you're rooting gently into the ground, just like a tree. Breathe a little deeper and let yourself be held for a few moments, resting into this support as your roots travel through the multitude of rich layers that make up this planet and feel the energy that Mother Earth has to offer.

As you imagined your roots growing down into the ground, what qualities did those roots carry—were they strong, tender, curious, tangled, deep? Where in your life would you like to feel more grounded, steady, or supported?

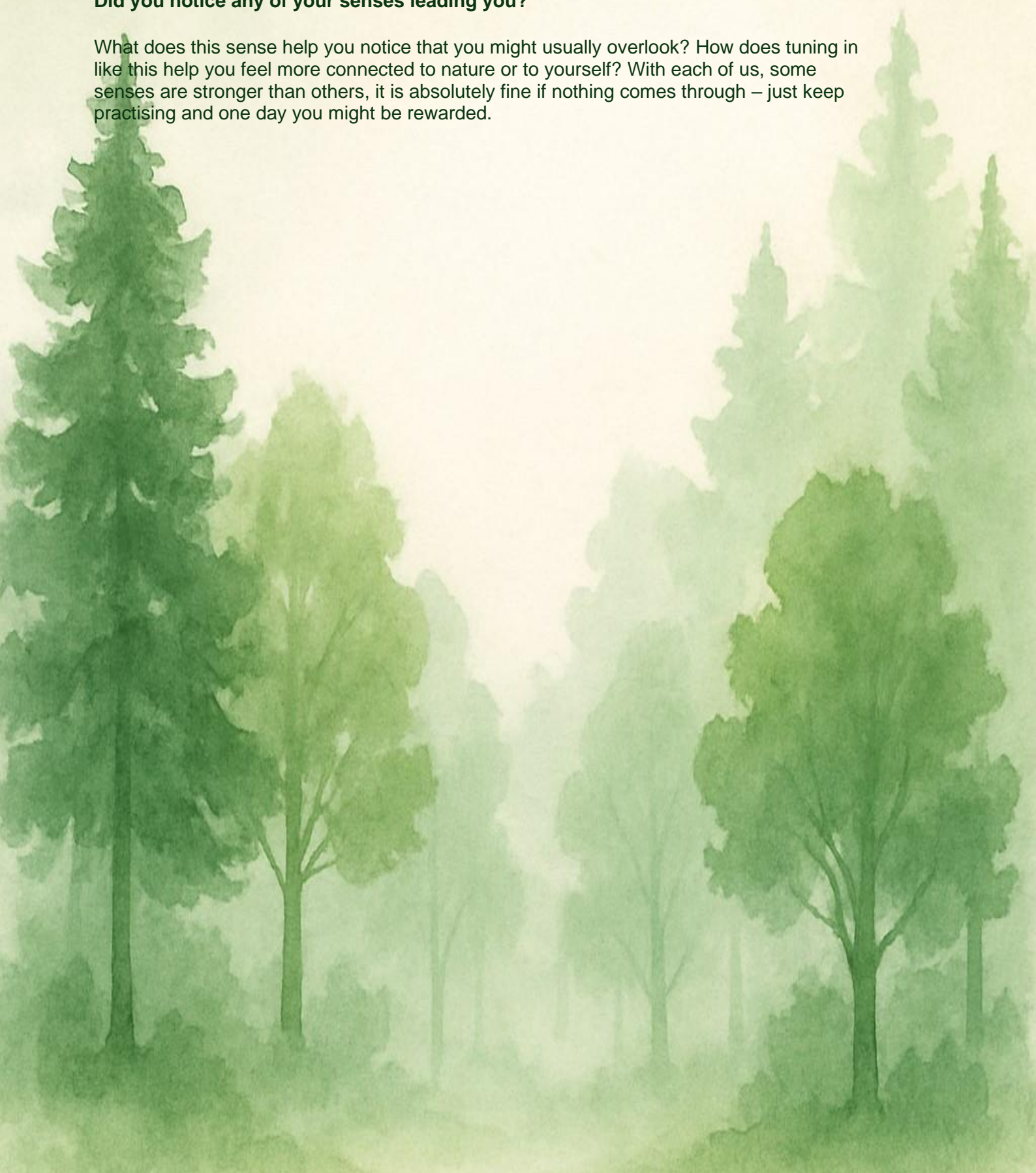


Day 6 – Your Sit Spot Moment

I invite you today to make a cup of tea or coffee, maybe a nice herbal tea. With your drink, perhaps in a flask, I invite you to return to a favourite spot from earlier in the week—somewhere you felt calm or curious. It might be a bench, a spot on the grass, your balcony, or a windowsill. Take a few deeper breaths and then focus upon your drink – the plant it has come from, where that plant grew. Smell the liquid – what does this bring to your notice? Now take a taste and truly savour the flavour. Take a few moments to mindfully connect with your drink and all that it is and sit with no other agenda. Let yourself simply 'be' in the space, take the time you need, and connect with it as if you're visiting an old friend.

Did you notice any of your senses leading you?

What does this sense help you notice that you might usually overlook? How does tuning in like this help you feel more connected to nature or to yourself? With each of us, some senses are stronger than others, it is absolutely fine if nothing comes through – just keep practising and one day you might be rewarded.



Day 7 – Nature Gratitude

On our final day, I invite you to take a quiet moment to reflect on the week. Has anything brought you a flicker of calm or joy—maybe a bird's call, a breeze, a pattern or colour on a leaf? Take a moment to hold that in your mind, perhaps notice the feeling rising once again with the memory of it. Let yourself feel appreciation for it—no matter how tiny it was. Does it bring a smile knowing that nature is always there, ready to meet you where you are? I invite you to perhaps take a moment, to whisper a thank you for that experience.

What memory from this week lives in your body right now?
Is there an image, sensation, or feeling you'd like to hold close or return to when you need grounding? **This is your time to pause and gently belong in nature.**
How might you carry this connection into the rhythm of your daily life?

