

## Reconnecting with Nature

In modern society it's easy to forget how interconnected we are with nature. The practice of biomimicry is an opportunity to rediscover those connections and gain a new appreciation for the living things around us. Indeed, the best way to connect with what nature has to teach us is to spend lots of time outdoors closely observing living things. While books and online resources contain a lot of great information, there's no substitute for experiencing nature with your own senses.

- Identify a spot that grabs your interest and get comfortable.
- Spend 20-30 minutes observing the environment around you. (Really!)
- Make observation notes and/or sketches based on what you saw and include answers to the following:

Date:

Time:

Location:

1. What is the climate like in your spot? (e.g. dry, moist, sunny, shady)
2. What organisms do you see?
3. Do you notice any patterns among them?
4. Are any of the organisms interacting?
5. Are any of the organisms changing the environment around them?