

# Contents

<b>Introduction</b> . . . . .	1	<b>The World of Touch</b> . . . . .	81
Our Senses . . . . .	1	Our Somatosensory System . . . . .	82
Steve Van Matre . . . . .	5	Blindfold Activities . . . . .	84
Mindfulness and Nature . . . . .	5	Connecting to Earth . . . . .	86
<b>Natural Sounds</b> . . . . .	7	Connecting to Trees . . . . .	88
Sound Catchers . . . . .	8	Other Touch Activities . . . . .	93
Learning from Bats . . . . .	10	<b>Tasting the World</b> . . . . .	95
Listening to Other Animals and Trees . . . . .	14	The Edible Wild . . . . .	97
Stalking Games . . . . .	26	Tastes of the Season . . . . .	101
Nature Music . . . . .	31	<b>Gratitude for Nature</b> . . . . .	103
<b>Seeing Nature</b> . . . . .	35	<b>Sensory Walks</b> . . . . .	107
Our Visual System . . . . .	36	Forest Walks . . . . .	108
Seasonal Colors . . . . .	38	City Park Walks . . . . .	109
Camouflaged Animals/Countershading . . . . .	43	Backyard/Confined Spaces Activities . . . . .	110
Camouflaged Eggs . . . . .	46	<b>Other Senses</b> . . . . .	111
Nature Sculpting . . . . .	48	Sense of Direction . . . . .	111
Shapes in Nature . . . . .	63	Synesthesia . . . . .	113
Seasonal Sight Activities . . . . .	68	<b>Index of Activities</b> . . . . .	115
<b>The World of Smell</b> . . . . .	69	<b>Index</b> . . . . .	117
Our Olfactory System . . . . .	70	<b>About the Author</b> . . . . .	121
Aromatherapy . . . . .	76	<b>About the Publisher</b> . . . . .	122
Phermonia . . . . .	77		
Seasonal Smell Activities . . . . .	79		

The Book of Nature Connection Worksheets are available for free download at:  
<https://newsociety.com/pages/book-of-nature-connection-worksheets>