



The Wild Wonder Foundation is dedicated to encouraging nature connection and conservation through attention, curiosity, art, science, and community.

wildwonder.org



Download this zine to share!

Thanks to the Wild Wonder Foundation for partnering on this zine.

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www.intelleto.com @katerutter
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Immerse yourself in the pulsing life, the luscious artistry, and the quiet stillness of nature.
The first step is to step outside.

1 Slow down and savor what's around you.

Pause, sit, look around. Relax into it! Consider using a Sit Spot to regularly enjoy local nature.

2 Use all your senses.

Sight. Sound. Smell. Touch. Even Taste.* Each offers a unique way to experience the natural world.



* Always be safe and respectful when touching or tasting things in nature.

3

Create a nature journal.

Notice more, pay deeper attention, and get more curious through keeping a journal. Use words, pictures, numbers, and questions to document your experiences and wonder.



5

Engage in community science.*

Contributing your observations to scientific research makes being outside even more meaningful and fun.

* Also called citizen science, participatory science, or crowd science.



Grab a nature book from your local library and settle into your Sit Spot for a good read! Books open our eyes to new stories and fascinating phenomena.



4

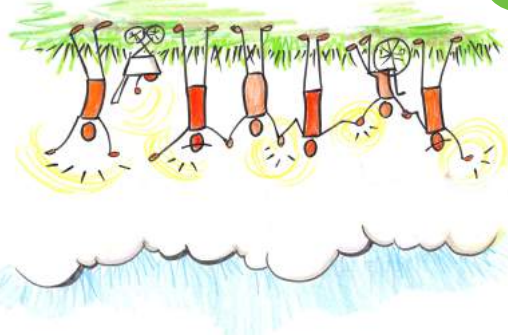
Read a nature book.

7

Build a nature community

Social bonds and time in nature are both critical to mental and physical health.

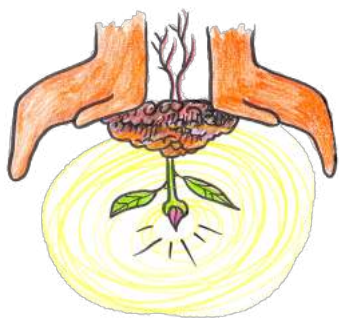
Gather loved ones, friends, neighbors, and other humans to enjoy nature together!



9

Help with a restoration project.

Get your hands in the dirt! Plant native plants, pick up trash, or clear a trail to make it more accessible.



Turn this zine inside out for an **Action Guide** and a monthly **Tracker**.

Community	7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Restore	6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Science	5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read	4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Journal	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sense	2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Savor	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
name _____		December	November	October	September	August	July
Year _____							

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Savor	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
name _____		January	February	March	April	May	June
Year _____							

About this Zine



This zine is a capstone project for the California Naturalist program.

calnat.ucanr.edu



This content inspired by the Golden State Naturalist Podcast.

goldenstatenaturalist.com

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7 Ways to Connect with Nature

This **Action Guide** can help you get started, and the **Tracker** provides space to jot down your actions.

You can start at any time and track your actions for the next 12 months.

When you do one of the prompts, fill in the circle for the month.

- or -

Put a little dot in the month circle each time you do that activity. You'll end up with an annual dotchart of your nature experiences.

- or -

Assign a color to each prompt; as you color in your connections with nature, watch a rainbow emerge!

Action Guide



These links offer some of the many ways to engage with each prompt. If you're having fun and feeling the nature connection, it's all good!



Savor
Learn about creating a Sit Spot.



Sense
How to take a sensory nature walk.



Journal
Learn how to start a nature journal.



Read
A curated list of favorite nature books.



Science
Participate in community science.

Restore

Search online to find restoration projects near you:

Use keywords like: "participate in local restoration project" + your location



Community
Find a local nature journal club and join the Nature Journal Community.