

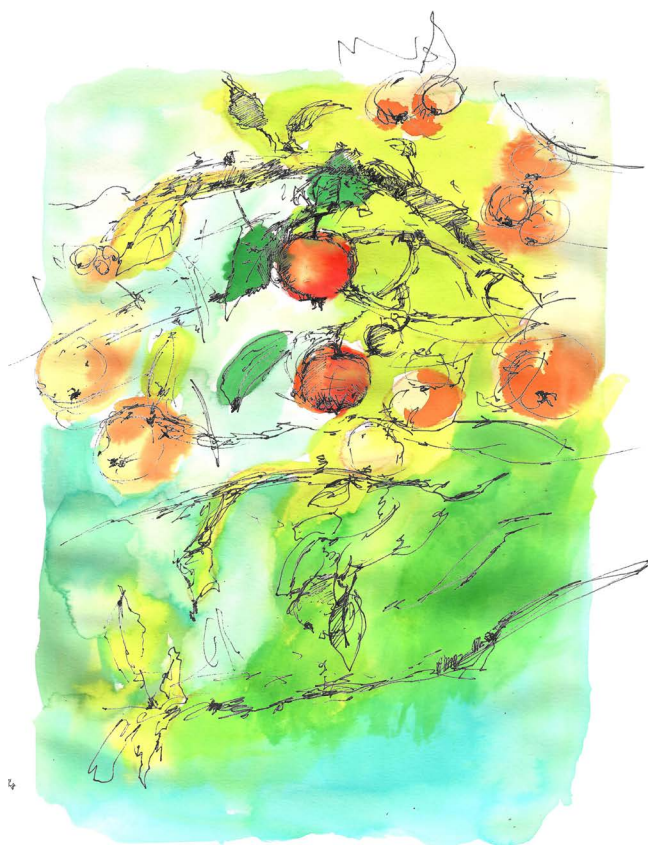
# ENVIRONMENTAL AWARENESS

The aim is to deepen understanding of the natural world whilst fostering a genuine, responsible approach to sharing nature with others.

## FUNDAMENTAL RIGHTS

Modern life has pulled many of us away from nature, blunting our natural instincts. Only by reconnecting can we build a healthier, more balanced world today.

In 2022, the UN General Assembly recognised the right to a clean, healthy and sustainable environment as a universal human right. Since then, various countries and local authorities have gone further, legally recognising the rights of nature itself—giving ecosystems proper legal standing and protection. This groundbreaking approach means some rivers, forests, species, and mountains can now have legal representation, protecting their fundamental rights.



## REFLECT

- If you were to reflect on your environmental awareness, what thoughts, feelings, or ideas come to mind?
- What impact do you have on the natural world around you—and how much does it, in turn, shape you?

## TIPS

- **Get to know your surroundings.**  
Start an Environmental Explorer Notebook. Jot down local plants, birds, soil types, and landforms you encounter. Notice what's been around for ages versus recent arrivals—this sharpens your awareness naturally.
- **Research local environmental stories**  
Look into both the ecological challenges in your area and the conservation wins happening nearby. Understanding both sides gives you a fuller picture.
- **Choose local products for your walks**  
Bring local water, fruit, honey, or herbal teas when you head outdoors. It's a simple way to connect more deeply with your place.
- **Develop eco-friendly habits at home**  
Save water and energy, choose recycled products, and create wildlife-friendly corners in your garden or community. Join local conservation groups if that appeals to you.
- **Spend regular time in nature**  
Take solo walks, listen mindfully to natural sounds, and really observe what's around you.

## EXPLORE

### Draw your ecosystem

Take a large sheet of paper and map your surroundings—include everything: houses, people, trees, rivers, animals, plants.

Mark all the bits that make up your everyday world, both human and more than human.

Don't rush it. Add bits over a few days—on your way to work, the shops, or whilst out for a walk. You might spot something new in familiar places.

I wonder what you'll discover?

