



tread softly

Can you hear the wind or rain?

I wonder if you  
can hear God?

Can you hear  
your breath?



I WONDER WHAT THE EARTH IS SAYING?

"But ask the animals, and they will teach you,  
or the birds in the sky, and they will tell you;  
8 or speak to the earth, and it will teach you,  
or let the fish in the sea inform you.

9 Which of all these does not know  
that the hand of the Lord has done this?

Job 12:7-9

WHISPER GENTLY



Can you hear leaves or trees whispering?



Use a stick as a base and then attach items to it on strings hanging down. It could be other sticks, pine cones, shells or even recycled tins and bottles.

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WIND CHIMES

Go for a wander and collect sounds. There is a Sound Trail available or as you walk different people can call out something to listen for. It's interesting to hear the natural sounds and the created such as transport.



SOUND WALK

The classic game of sitting in a line or circle and trying to pass a message around. Notice how distorted it can get, reflect on how we might speak up for the earth kindly.



WHISPER, WHISPER



PRAYER FLAGS



WHISPER GENTLY



Job reminded us to listen to the sounds around us, the animals, the air, the earth. So often, even when we are outside we fill ourselves with noises - headphones with music, chatter of others, messages. Sometimes these sounds bring us joy, but often it stops us noticing the amazing noise around us and what it might be saying to us.

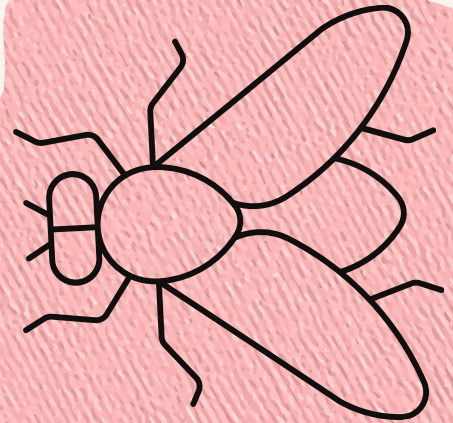
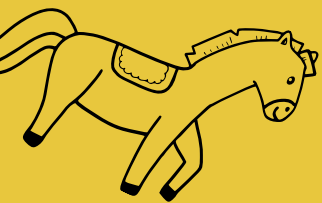
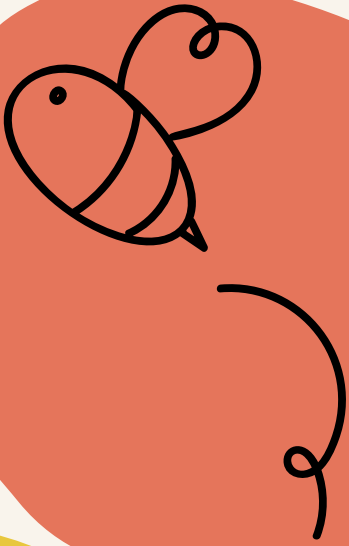




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# SOUND WALK



# WHISPER GENTLY

I WONDER WHERE YOU CAN SEE KINDNESS

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Can you feel the earth?



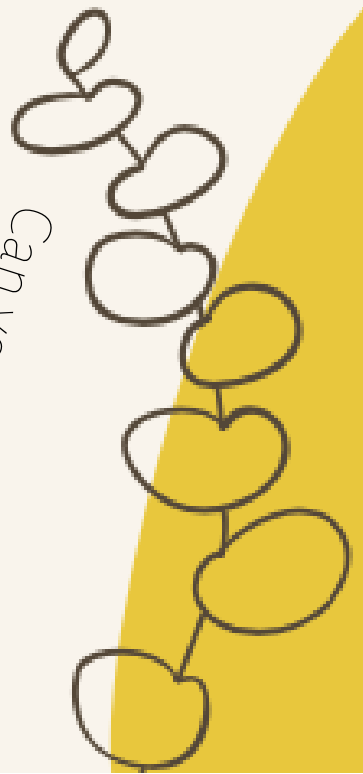
The earth is the Lord's,  
and everything in it,  
the world, and all who live in it;  
Psalm 24:1

HOLD KINDLY



I wonder if you  
can feel God?

Can you touch a leaf  
without hurting it?







## BAREFOOT WALK

Taking your shoes and socks off and feeling the earth is really good for us, the sensation of connection, the skill of balance, the fun! Obviously take care and be aware of potential risks but you could lay out different textures in stick frame.



## HOLD KINDLY

## PLANTING & GROWING



Touching the earth actually moves some of the microbes which when inhaled release serotonin which makes us happy. But developing opportunities to grow things whether it's a sunflower, cress or starting a community garden teaches us care and has great results.



## MUD MODELLING

Using mud balls, collect windfall from a wander and then make little models of yourself or a creation creature.



## PUDDLE JUMPING

The joy of jumping in a puddle is ageless. Something about the sound, the splash, the squelch... go on have a go!

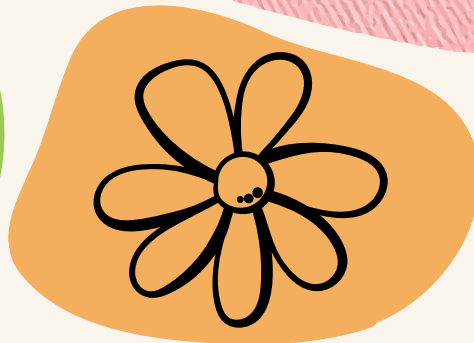
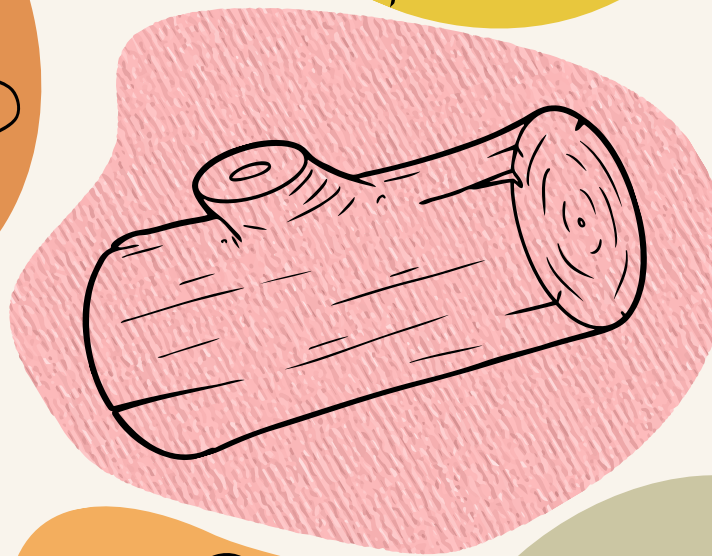
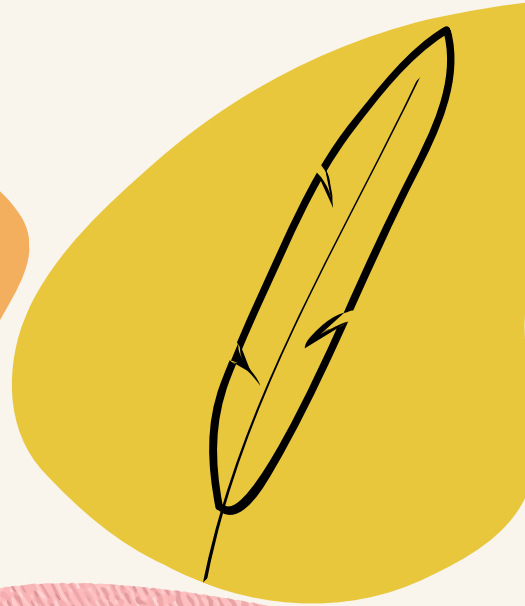
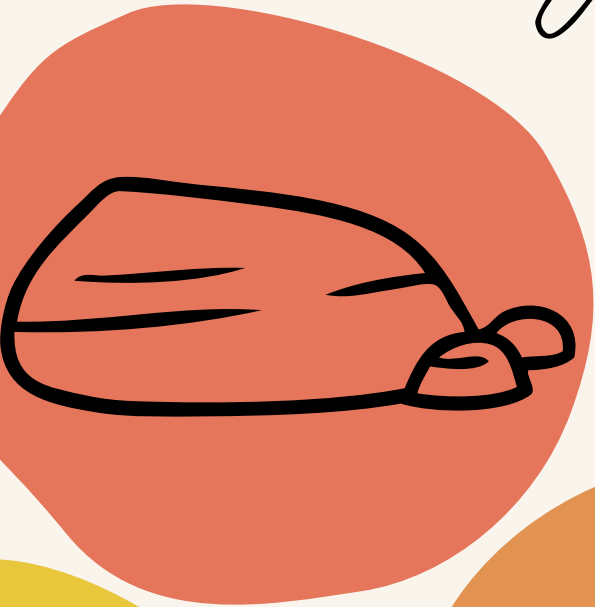




tread softly



# TOUCH TRAIL



HOLD KINDLY

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I WONDER WHAT LOVE LOOKS LIKE?

I wonder what God  
loves in this place?

For God so loved the world that he gave his one and only Son, that  
whoever believes in him shall not perish but have eternal life.  
John 3:16

CAN YOU FEEL YOUR HEARTBEAT?

I WONDER HOW WE CAN  
SHOW LOVE TO CREATION?

LOVE GREATLY

Can you see any heart shapes?







## SHARE A COFFEE

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Showing kindness and love doesn't need to be huge actions. Sometimes something as simple as sharing a coffee or taking a walk together can make the world of difference. Who could you invite?



## HAVE A CLEAR OUT

Clothing waste is a huge environmental problem. Rather than throwing away, recycle your clothes (or toys) and take a look for your next outfit.

Make some seed paper and write encouraging notes to people

## LITTER PICKING



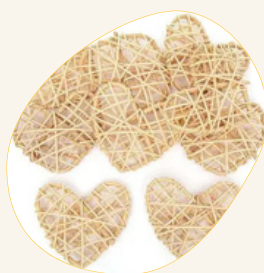
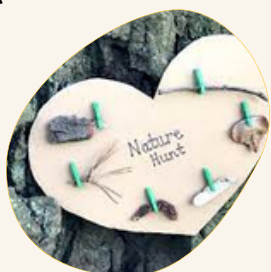
Grab a bin bag and a litter picker (or strong gloves) and tidy up around your street, park or neighbourhood. Perhaps you could organise a community cleanup?

## SEED PAPER



There are lots of great heart shaped crafts to make or do.

# LOVE GREATLY







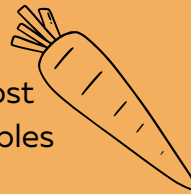
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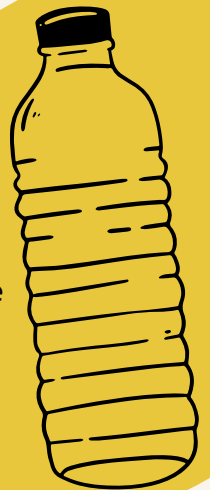
# CARE CHALLENGES



recycle some clothes



compost  
vegetables



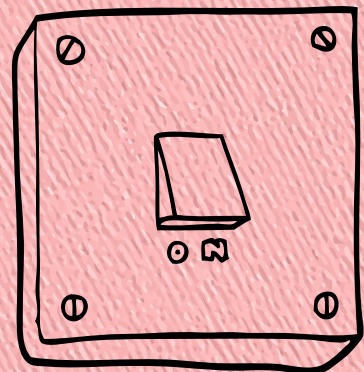
reuse a bottle



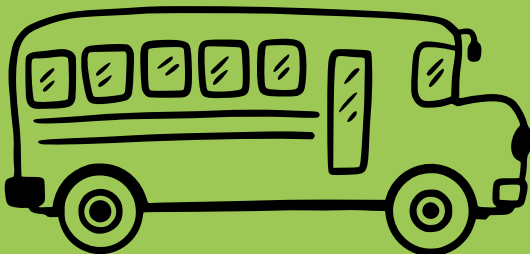
buy local



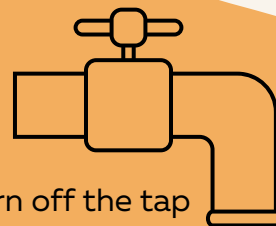
reuse a bag



switch off lights



take public transport  
or walk for a journey



turn off the tap

## LOVE GREATLY

"Not all of us can do great things. But we can do small things with great love"

Mother Teresa.

I WONDER HOW HOPE SMELLS?

tread softly



I wonder what God  
smells like?

SMELLHOPEFULLY

I wonder your  
favourite smell is?

CAN YOU SMELL ANYTHING ROTTEN?

Can you smell anything lovely?

walk in love, just as Christ also loved you and gave Himself up  
for us, an offering and a sacrifice to God as a fragrant aroma.

Ephesians 5:2





POT POURI

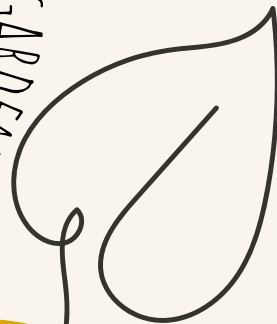
Collect petals or leaves as you wander and let these dry out. Add these to a bowl, jar or pot for decoration and bring fragrance to the room.

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HERB GARDEN

Create a herb garden, it could be on the windowsill or in a garden. The fragrances and flavours are amazing.



# SMELL HOPEFULLY



LAVENDER BAGS

If you have some lavender, collect some of the flowers and add to mini bags. Lovely in drawers and keeps moths away.



FLOWER WREATH

As you wander collect flowers, grass, leaves and add to a circle of wire. This makes a pretty and fragrant decoration.

ROSE PETAL PERFUME



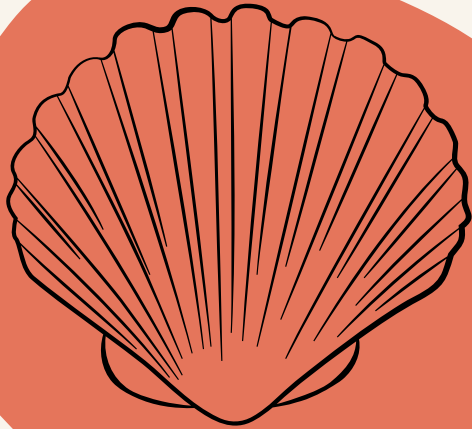
I remember making rose petal perfume as a little girl. Gathering petals and adding them to a little jar with some water. Leave to infuse.





# SCENT-SIBLE WANDER

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sea

fire



rain

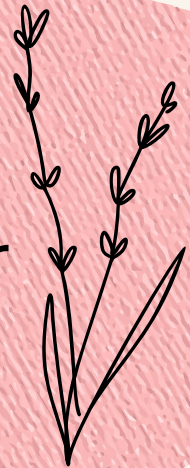


wind



pine

lavender



grass



rose

## SMELL HOPEFULLY

Researchers from the University of Kent found that the smells from a walk outside made people feel more relaxed and rejuvenated. What can you smell?





UU

○ horse

○ rat



○ dog



○ mouse



○ pigeon



○ squirrel



○ duck



○ hedgehog



○ cat



○ sparrow



○ fox

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