

# Steps to Reconnecting with Nature Learning and Sharing Their Names:

## STEP 1

Download a plant identification application on your device. I used [PictureThis](#).

If you know a botanist or biologist ask them for help.

If you prefer to do this activity without the use of a device, I highly recommend using a botanical book. This method may take more time but is still very fun!

On my quick search through the internet I found the following books that **may** be of use:

- Botany in a Day: The Patterns Method of Plant Identification by Thomas J. Elpel,
- Plant Families: A Guide for Gardeners and Botanists by Ross Bayton and Simon Maughan,
- Botany for Gardeners by Brian Capon.

I encourage you to find botanical books at your local library or at your local little free library if there is one near you (<https://littlefreelibrary.org/outmap/>) if it is safe to do so.

## STEP 3

Check your local weather forecasts to assure it is safe to go outside (i.e. if there are thunderstorm warnings do not put yourself in harm's way).

Dress appropriately, and don't forget your sunscreen!

It's finally time to go outside and explore!

## STEP 5

Take note of where the plant is geographically located.

If you plan on mapping an area, bring a pen and paper. For example, after surveying and mapping my parents' yard I then used Prezi to create and present my findings.

I am unfamiliar with mapping applications but here are some articles that may help you if you prefer to map electronically instead of manually:

- CNET, 2009. <https://www.cnet.com/how-to/create-some-really-cool-maps-with-these-apps/>
- HONGKIAT, 2020. <https://www.hongkiat.com/blog/map-tools/>

## STEP 2

Choose how you would like to perform this activity, what your intentions are, and what your goals are.

For example, my primary goal was to learn as much as possible in order to appreciate the plants in my parents' yard by using a plant identification application on my own. Through my intentions I was able to reconnect with myself, the people I care about and my surroundings.

So ask yourself the following:

- Who do I want to do this activity with? Do I want to do it alone or with a friend? Is this an activity I want to do with my children, nephews and/or nieces' siblings?
- How will I perform this activity? Device or Book or with an expert by my side?
- How long do I want this activity to last? How long do I want to or expect to be outside and explore?
- Where would I like to go exploring? (Please stay safe and choose locations wisely)
- What do I want to achieve? Do I want to learn all about one or many plants?
- Do I want my experience to be solely concentrated on learning about plants or do I want this activity to be more laid back and unstructured?
- How do I want to share the things I learn? Will I post about my findings directly on social media or create my own map?

If you live in the NDG Area of Montreal, Canada and plan on surveying trees I highly recommend you check out the NDG Tree Project from the Ziter Urban Landscape Ecology Lab at Concordia University: <http://www.carlyziter.com/ndg-tree-project>

With your goals, expectations and intentions formed and decided you can now move on to the next step.

## STEP 4

Find a plant that you are interested in knowing more about and identify it by using your chosen method of identification.

If you are performing this activity in a group you may choose to do it all together

OR

Opt to explore on your own and then come back together after a determined amount of time to report on and exchange on what you have found and learned.

## STEP 6

Share your results and challenge others to find and learn about a plant so that they may share it with you and many others.

Have fun!

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# STEP 2

**Choose how you would like to perform this activity, what your intentions are, and what your goals are.**

**For example, my primary goal was to learn as much as possible in order to appreciate the plants in my parents' yard by using a plant identification application on my own. Through my intentions I was able to reconnect with myself, the people I care about and my surroundings.**

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***It's finally time to go outside and explore!***

# STEP 4

*Find a plant that you are interested in knowing more about and identify it by using your chosen method of identification.*

*While identifying the plant, gently touch its leaves, its stem, its flower petals or bark. Make sure to be gentle as to not harm the plant and that your hands are clean. What does it feel like? Is it smooth, spiky, rough, hairy, sticky, waxy?*

*What shapes are the leaves? Are they round, elongated, jagged? What colours are the plant's features? Are the stems a different colour than the leaves? What about the flowers or fruits it might bear? What colour are they?*

*Is there a scent? What do you smell? Does the scent remind you of anything?*

*Are there any critters on the plant? Any other beings around? On the leaves? On the flowers? At the base of the plant or on the branches?*

*How and what do you feel during this process? Are you excited? In awe? Unimpressed? Intrigued to learn more? Take note of all these feelings.*

*If you are performing this activity in a group you may choose to do it all together*

*OR*

*Opt to explore on your own and then come back together after a determined amount of time to report on and exchange on what you have found, learned experienced.*

# STEP 5

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## **STEP 6**

***Share your results and challenge others to find and learn about a plant so that they may share it with you and many others.***

***Use #LearningSharingNames when you post your findings on social media so that anyone consulting the hashtag can see everyone's beautiful and fun experiences.***

***Have fun!***