

01

Diversity all around you

Summary: **Sitting with your eyes closed, count the number of different plants around you using only touch**

Possible configurations: **Alone or in groups with a game master** (*indication in italics*)

Senses mobilised: **Touch, Sight**

Duration: **About 4 minutes**

Associated SPOT programmes: **Blooming heights/AAC, Phénoclim**

Even sitting in the grass, there are often more plants than you think. When doing this immersive session/activity, don't necessarily look for a specific place to do it and let yourself be surprised!

- Make yourself comfortable, sitting or squatting in the posture that suits you best (*make sure that participants leave enough space between them*)
- Close your eyes, stretch out your arm and draw an imaginary semi-circle on the ground in front of you
- Still with your eyes closed, explore this semi-circle for a few minutes by touching and trying to distinguish the number of different plants present in this semi-circle (*be careful not to pull out or pick the plants*)
- Ppen your eyes and count how many different plants you see in your semi-circle
- Is this number the same as the one you found? (*don't hesitate to ask them questions to encourage participants to express themselves, if certain plants are similar to the touch, are they more distinguishable by sight? or vice versa?.*)
- Continue by carrying out a protocol of your choice from those indicated

The aim of this activity is to become aware of the great diversity of plants that surround us, diversity in form and colour, but also in the seasonal rhythms that are not necessarily the same.

02

Describe your landscape

Summary: **Using all your senses, describe a spot you have visited**

Possible configurations: **Alone or in groups with a game master**

Senses mobilised: **All**

Duration: **5 minutes**

Associated SPOT programmes: **Phénoclim, From spawn to frog, Snow cover, Striking colours, Salute the tres**

Once you have arrived at the location of your choice, for example near a spot

- Use all your senses in turn to discover and describe this spot
- Take the time to feel the place by smelling, observing, listening and why not tasting if you are surrounded by blueberries (or other edible berries/fruits) in order to bring out the specificities of this place
- You can write down your discoveries in comments on the page of this spot
- Continue by carrying out a protocol of your choice from those indicated

The aim of this activity is to become aware of the particularity of each place, each environment, each habitat, but also to realise what they all have in common. With practice, you will realise that a certain type of plant is often found in a certain habitat,

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Treasure hunt

Summary: **Challenge yourself to find or recognise an element of the ecosystem**

Possible configurations: **Alone or in groups with a game master** (*indication in italics*)

Senses mobilised: **Sight**

Duration: **Variable**

Associated SPOT programmes: **Phénoclim, From Spawn to Frog, Salute the trees**

- Choose a natural element of your choice that you will have to find along the way. *Depending on what is most convenient, you can designate a different element for each participant or designate a common element to be found by all.*
- During the journey, be observant so as not to miss a trail that could help you locate the chosen element (*be careful not to pull up or pick plants, or move rocks, etc.*)
- Once you have arrived, continue by carrying out the protocol of the programme associated with this spot. However, if you did not find the element on the way there, pay attention again on the way back.

The aim is not to make a detour to find the designated element, nor necessarily to absolutely find it, but rather to encourage us to be more attentive to our surroundings during the journey in order to be better prepared to make observations once we arrive.

Example of elements to find to inspire you:

- *a type of tree (e.g. deciduous or coniferous), a particular species (e.g. larch, birch, beech)*
- *a plant*
- *a bird*
- *a trace of animal presence (e.g. footprints or droppings)*
- *a mushroom*
- *a feather*
- ..

My soundscape

Summary: **Close your eyes to see all the sounds in your environment**

Possible configurations: **Alone or in groups with a game master** (*indication in italics*)

Senses mobilised: **Touch, Sight**

Duration: **3 minutes**

Associated SPOT programmes: **Striking colours, Beautiful encounter**

Once you have arrived at the location of your choice:

- Make yourself comfortable, standing or sitting, whichever suits you best
- Close your eyes for the next few minutes and listen to all the sounds you hear around you, whatever they may be
- Start by listening first to the sounds in your immediate vicinity, i.e. in front of you, behind you and to the sides, and then extend your listening to those in the distance
- Open your eyes when you are ready and list the different sounds you have heard (birdsong, hikers talking in the distance, marmot calls, aeroplanes, etc.) that make up your soundscape (*take a few minutes to debrief together on what everyone has heard*)
- Continue by carrying out a protocol of your choice from those indicated

The aim of this activity is to realise that we share our environment with all the living things that surround us even if we do not necessarily see them, i.e. with the species that we hear but which sometimes go unnoticed (animals through their cries or humans through the noise of talking, helicopters, etc.) but also those that we do not hear (plants, trees, tadpoles in ponds, etc.).

Look with your eyes closed

Summary: **Close your eyes and point to a particular feature using your memory of the place**

Possible configurations: **several players with a game master** (*indication in italics*)

Senses mobilised: **Sight**

Duration: **2-3 minutes**

Associated SPOT programmes: **Salute the Trees, Striking colours, Beautiful encounter**

Once you have arrived at the location of your choice:

- Make yourself comfortable, standing or sitting, whichever suits you best, and close your eyes
- Take a few seconds to recall the landscape you are currently in, remembering the elements that make up this panorama (*mention aloud some of the surrounding elements without giving their position to help participants reconstruct the landscape in their mind/imagination, e.g. "there are plants with pink flowers, rock, etc."*)
- Keeping your eyes closed, point to the nearest tree (*the "tree" element mentioned here is only an example, it is up to you to let your inspiration speak for itself when choosing the element to point to according to your environment and the season, if however you need a helping hand we have listed some ideas below*)
- Now open your eyes and look around you, were you pointing in the right direction? (*give them a few seconds and ask them to close their eyes again to start the exercise with a new item to point to*)
- Finally, suggest that they continue by carrying out one of the protocols indicated
- Continue by carrying out a protocol of your choice from those indicated

This activity aims to make us aware that we sometimes look without seeing and that data collection requires us to develop our sense of observation (whether close by or far away) to make sure we don't miss anything interesting. Now that the participants are more aware of their surroundings, feel free to repeat the exercise a little later in a different location.

Example of elements to point to for inspiration:

- the nearest tree (possible variation according to the seasons, i.e. the tree in flower, the tree whose leaves have changed colour, a type of tree, i.e. a deciduous or coniferous tree, a particular species, i.e. a larch, a birch, a beech, etc.)

- the nearest flowering plant (possible variation according to the colour of the flowers: pink flowers, yellow flowers, etc.)

- the nearest bird

- the nearest animal track