

Interwoven Realms



Inner Echoes



Wisdom Whispers



## HumaNature: Reflections between Earth and Soul!

This card game invites you on a journey of exploration and introspection, revealing the deep connections between human nature and the natural world. Whether playing alone or in a group, you'll uncover the profound parallels that exist between your inner self and the environment surrounding you.

### What's inside?

Here you will find 3 decks of cards.

While each deck can be played independently, we invite you to experience them all together. Begin with “Inner Echoes” to explore the connections between natural phenomena and your inner world, move to “Interwoven Realms” to observe our physical similarities with nature, and conclude with “Wisdom Whispers” to build a thoughtful reflection on your journey.

### How to play?

#### 1. Inner Echoes

Have you ever noticed how the patterns in nature can reflect our own emotions and behaviors? Just as nature moves in cycles, builds up pressure, and finds release, we too experience rhythms and patterns that connect us deeply to the world around us. By exploring these connections, we can begin to see ourselves as part of nature and recognize that nature is a part of us.

##### Solo Play

Pick a card and take a closer look at the image. Each card represents a natural phenomenon alongside a human emotion or state of mind. Reflect on what these connections mean to you and what thoughts or feelings they bring up. There's no right or wrong way to interpret them—this is about your unique perspective and the meaning you see in each card. Embrace your insights; the value of each card lies in your individual vision!

##### Group Play (2+ Players)

Each player picks a card, places it on the table, and shares their thoughts and associations with the image on the card—what connections do you see between the human emotion or state of mind and the natural phenomenon? Other players can add their ideas. Then, the next player picks a card and shares their thoughts. Remember, there are no right or wrong answers—each perspective offers valuable insights!

#### 2. Interwoven Realms

Have you ever noticed how the human body shares remarkable similarities with landscapes, natural elements, and the world around us? This deck brings attention to these physical resemblances, highlighting how nature's forms and patterns are reflected in us.

##### Solo Play

Lay all the cards on the table. Your task is to create pairs by matching one human-related card with one nature-related card based on the similarities you see. Feel free to go beyond what may seem obvious—look for hidden connections, and don't hesitate to spot similarities that might not have been intended by the game's creators. Each pairing is a chance to discover something new about how our physical forms are linked to the natural world.

##### Group Play (2+ Players)

Lay all the cards out on the table. Players take turns clockwise. When it's your turn, pick two cards: one related to humans and the other to nature. Create a pair based on what seems similar to you, and share your reasoning. The next player will pick their pair, and so on. If at the end some cards don't seem to fit, you can revisit the pairs and adjust them until everyone agrees on the final matches.

### 3. Wisdom Whispers

These cards are designed to help you conclude your experience with a thoughtful reflection.

##### Solo Play

Choose a quote that resonates with your reflections on the human-nature connection. Let the quote guide you in summarizing your insights. If none of the quotes feel right, feel free to create your own!

##### Group Play (2+ Players)

To conclude the game, each player picks a quote from the Wisdom Whispers deck that resonates with them. Use this quote to sum up your thoughts and reflections on the human-nature connection. If no quote feels right, feel free to share your own!

*\*These cards can also be used separately for any activity where you want players to reflect on the human-nature connection and what it means to them.*

### More Ways to Play

**Storytelling Challenge:** Create a group story using the cards as inspiration. Each person adds their twist!

**Guided Meditation:** One person can draw cards and guide the group through a nature-inspired meditation.

**Enjoy your journey!**

#### Disclaimer

*“The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the National Agency and Commission cannot be held responsible for any use which may be made of the information contained therein”.*













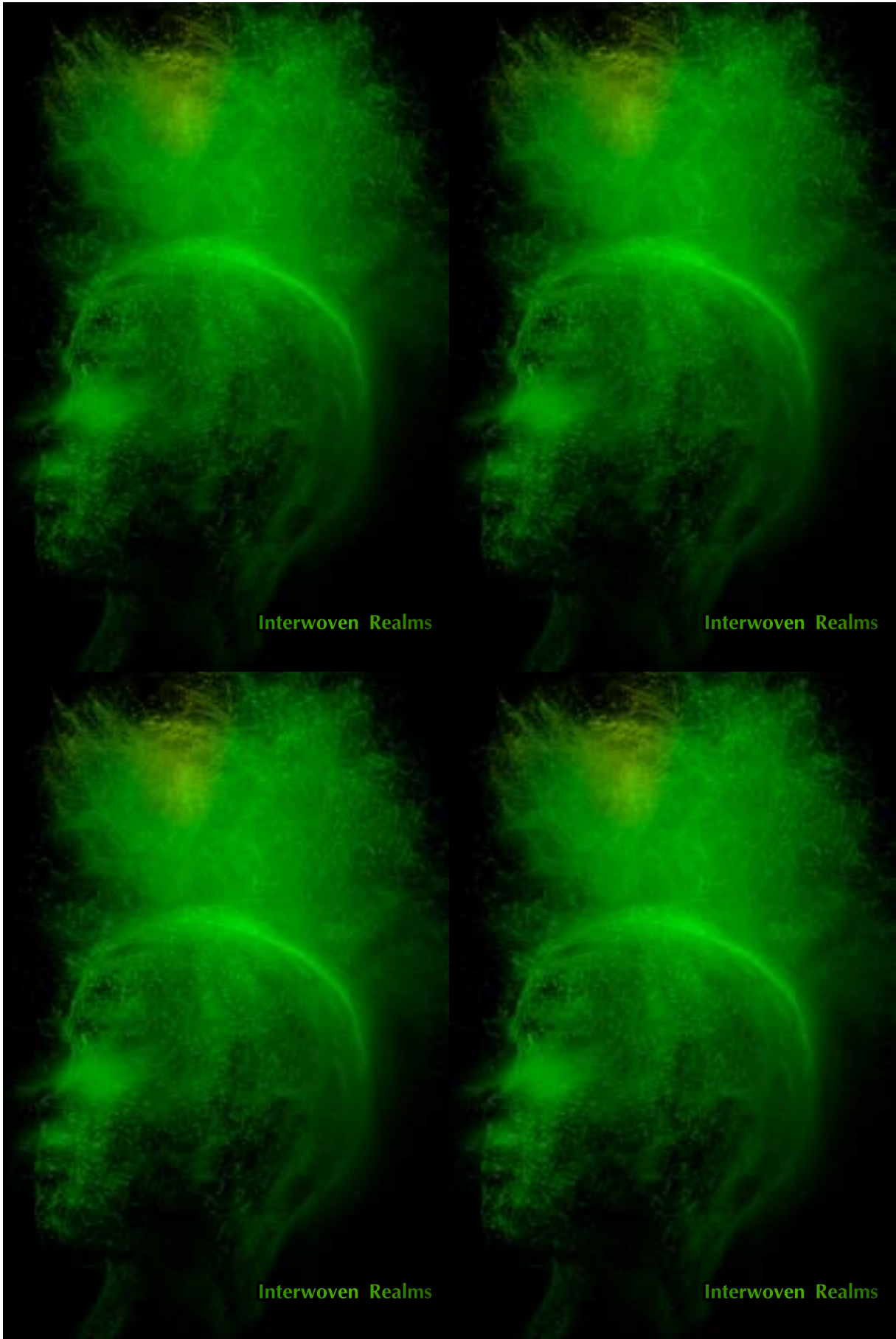




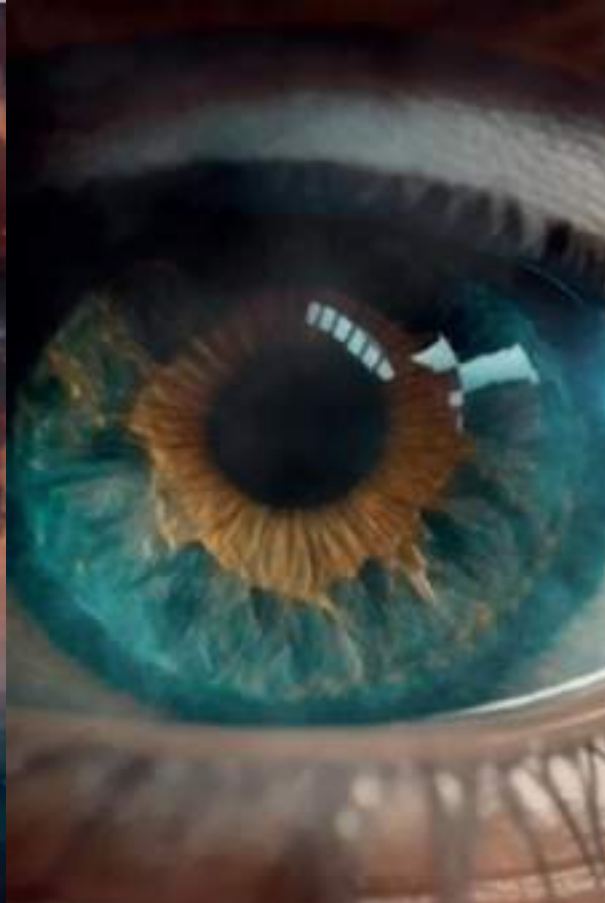


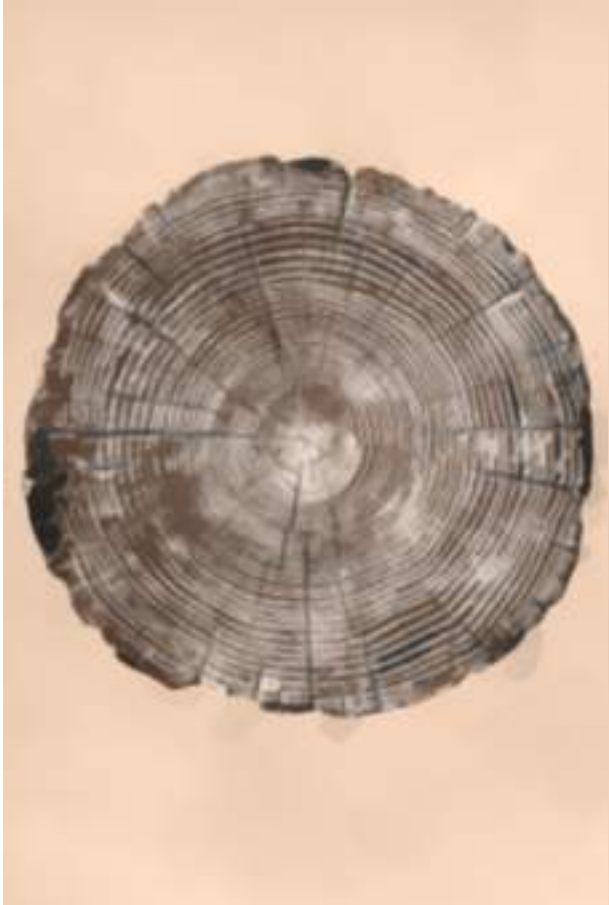




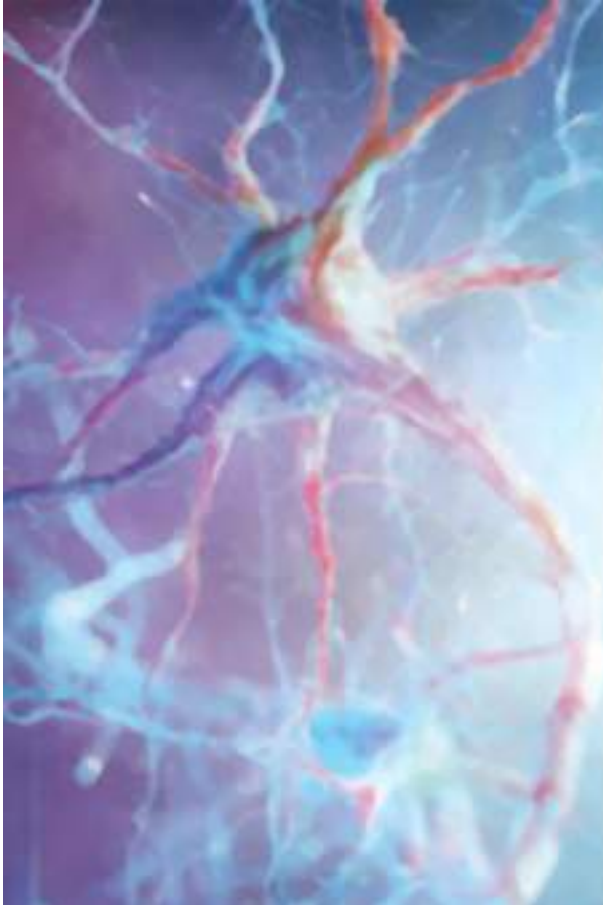










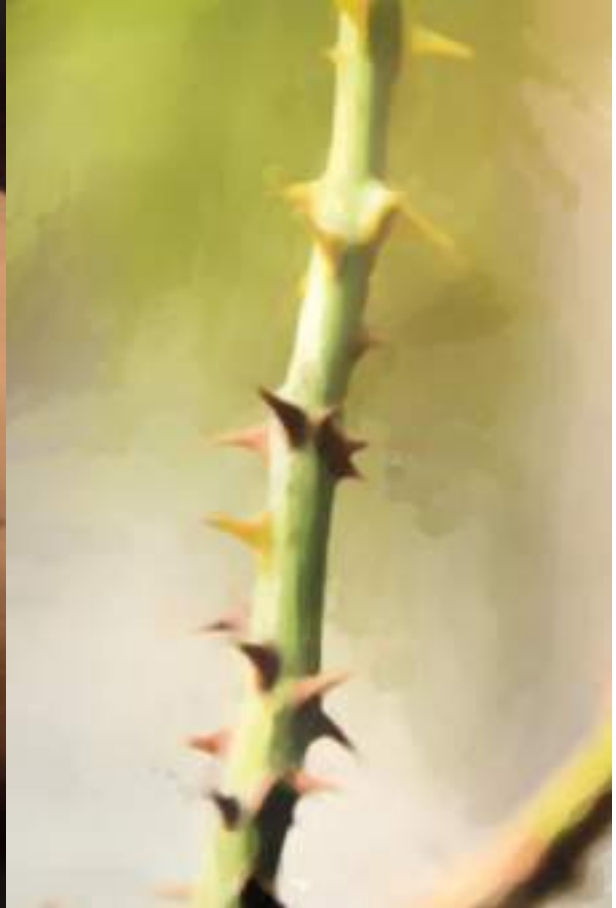














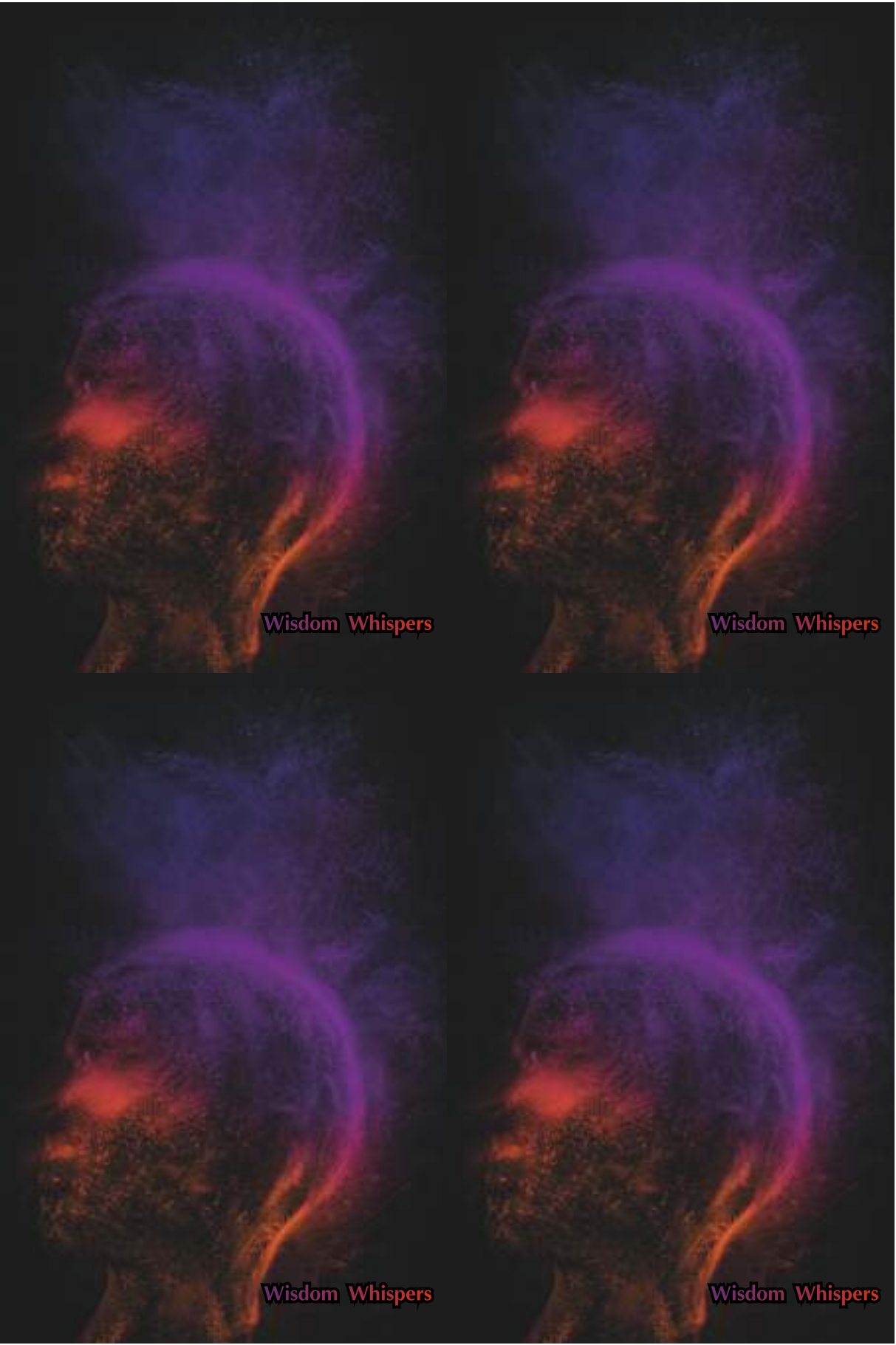















*We don't have Nature, we  
are Nature.*

*Author unknown*

*Fresh air is as good  
for the mind as for the  
body. Nature always seems  
to be trying to talk to us as if  
she had some great secret to  
tell. And so she has.*

*Author unknown*

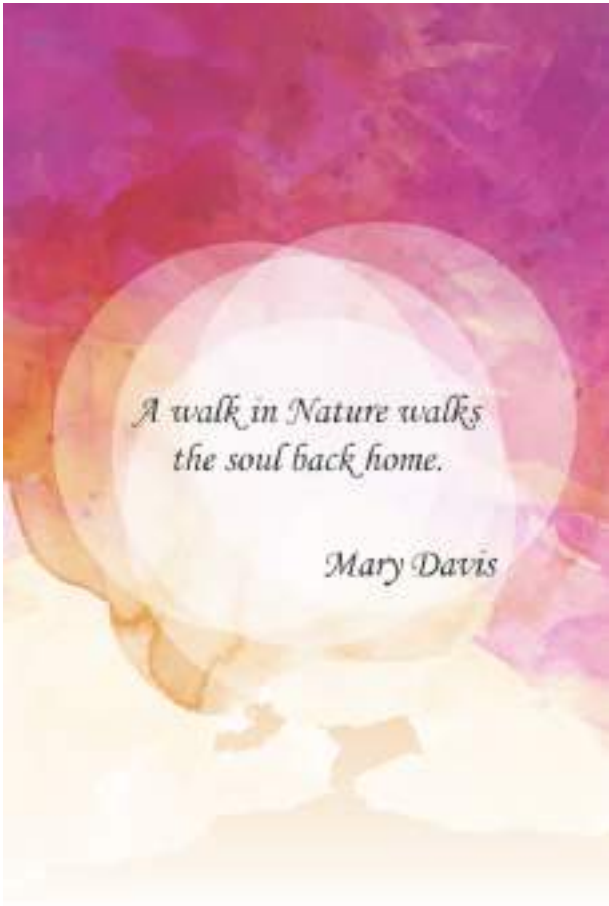
*In every walk with Nature  
one receives far more than  
seeks.*

*John Muir*

*Match your nature with  
Nature.*


*Joseph Campbell*





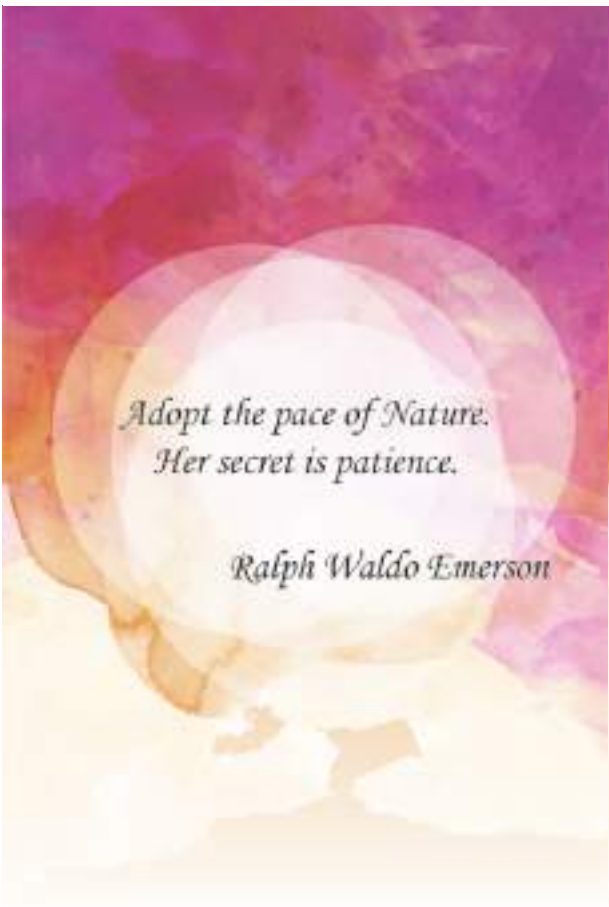
*A walk in Nature walks  
the soul back home.*

*Mary Davis*




*Nature is the source of all  
true knowledge.*

*Leonardo da Vinci*




*Adopt the pace of Nature.  
Her secret is patience.*

*Ralph Waldo Emerson*



*Choose only one  
master-Nature.*

*Rembrandt*



*There is no Wi-Fi in the  
forest, but I promise you will  
find a better connection.*

*Ralph Smart*

*Time spent amongst trees is  
never wasted time.*


*Katrina Mayer*

*The goal of life is living in  
agreement with  
Nature.*

*Zeno of Citium*


*Human argue.  
Nature acts.*

*Voltaire*



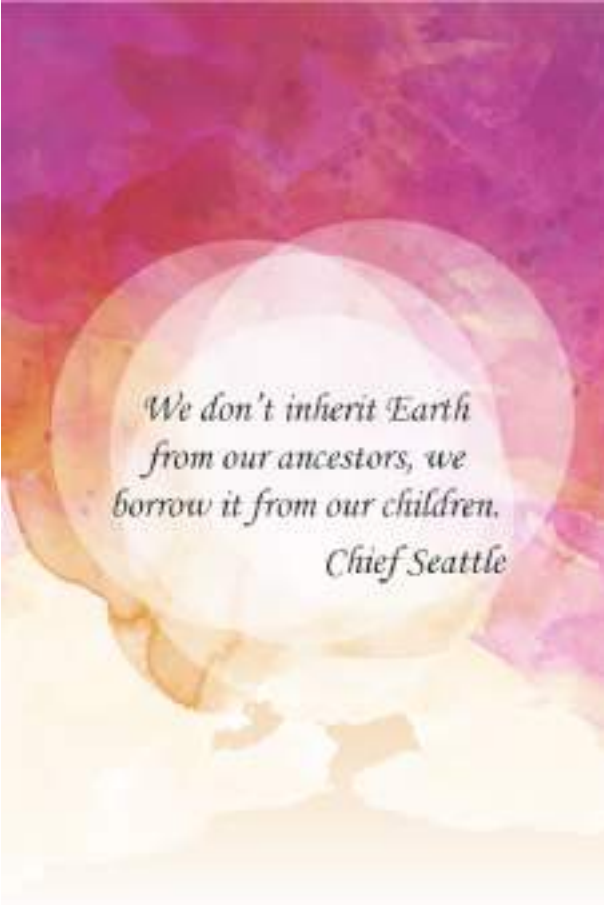
*You can cut all the flowers,  
but you can't keep spring  
from coming.*

*Pablo Neruda*




*Nature does not hurry, yet  
everything  
is accomplished.*

*Lao Tzu*



*We don't inherit Earth  
from our ancestors, we  
borrow it from our children.*


*Chief Seattle*



*Storms make trees take  
deeper roots.*

*Dolly Parton*





*Leave the roads; take the  
trails.*

*Pythagoras*

*Going to the mountains is  
like going home.*


*John Muir*

*We can never have enough  
of Nature.*

*Henry David Thoreau*

*The symphony of  
life is incomplete  
without the harmony  
between humans and  
Nature; we are the notes  
that complete the cosmic  
composition.*

*Author unknown*



*The pulse of the planet is  
echoed in the pulse of our  
veins; to heal one is to heal  
the other.*

*Author unknown*

*Nature is not a  
destination; it is our  
origin. To reconnect with it  
is to return to the source of  
our strength and wisdom.*


*Pythagoras*

*To understand  
ourselves fully, we must  
first understand the  
language of the wind, the  
whispers of the trees, and  
the song of the rivers.*

*Author unknown*

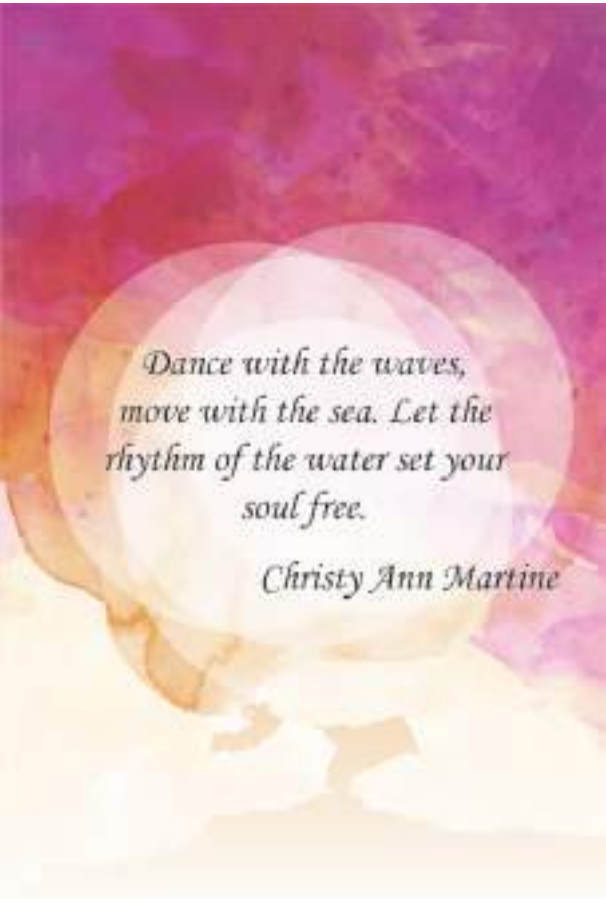
*If you can't be in awe of  
Mother Nature, there's  
something wrong with you.*

*Author unknown*




*We all live by the sea. No matter how far from the sea you live, next to the beach or far away in the mountains, you still have a great impact on it.*

*Izabela Kotyniska-Zielinska*



*Dance with the waves, move with the sea. Let the rhythm of the water set your soul free.*

*Christy Ann Martine*



*Nature is not a place to visit, it is home.*

*Gary Snyder*



