



## *Day 7: Biomimicry - greener*

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# My trip outdoors



I went to my favorite trails near my home today after not "having enough time" to go on a hike for months. After finishing everything I had to do today, I left the house at around 5:30pm and I brought my camera to take pictures. I didn't see anyone else on the trail, which I thought was nice. Being alone with nature allowed me to explore my curiosity without the thought of being judged.

I settled down on this mossy log, which looked beautiful under the evening sun. I sat here for about 30 minutes until it began to get dark. I listened to the birds chirp, the bugs buzz, and the trees sway gently.



I was more fascinated by a squirrel now than I've ever been. Coming to nature for the purpose of reconnecting with the natural world allowed me to pay close attention to detail, which happened to be paying attention to the squirrel's jittery movements.

# Notes



I felt connected to the natural world by setting everything from my life aside, sitting down, relaxing, and settling down in an area I discovered after choosing a path I was unfamiliar with. Stepping outside allowed me to remember that nature was real. I'd forgotten the sensation of walking along the dirt path and closing my eyes to breathe in the fresh air underneath the canopy as a result of quarantine and unhealthy air quality getting in the way of spending time outside of my home. Being alone in a deeper, hidden part of the trails was especially calming. I'd never gone to the trails while the sun was setting, so it was a nice change of scenery along with never coming to the trails by myself.

This connection to nature allows me to think about how I envision the future. Having a nearby trail with tree canopies, squirrels, deer, banana slugs, and frogs is a privilege. Several acres of forests and land have burned down as a result of the fierce wildfires this season with climate change being a large contributor. As I continue working on these challenges and future environmental projects, I will remember my moments in nature as an incentive to never stop fighting for our planet. As the climate strike posters say, "there is no Planet B."

In a society where change is happening everyday and everywhere, I find myself at peace when I visit the trees that have been standing since I was born. Being in this natural environment makes me feel like I've been missing out. My senses get excited to finally be in the presence of a physical world of plants, animals, and everything that is a product of Earth. Listening to sounds other than the ones that come out of my headphones allowed me to hear nature's calling. My sense of smell cherished this moment of good air quality and my lungs appreciated the fresh, deep breaths of air. My eyes were blessed by the peaceful life around me; a place that exists independently of human activities, and a place that has not been destroyed by mankind. I loved every moment of my time outdoors, and I plan on setting more time aside to visit nature more often.

# Journal Entry



Dear Diary,

Today was the most relaxing day I've had in months. Why? Because I took time out of my day to spend it with nature--all by myself. All my senses tingled as I settled my position on the mossy log and felt the bark under my thighs, but not in a way that made sitting down uncomfortable. My gaze settled on different parts of the landscape until I slowly closed my eyes and listened to the sounds the Earth creates by itself.

Taking this pause from my life was meaningful to me as it reconnected me back to a place that is always there for me, but I'm not always there for it. The natural world is a place many of us seem to love, yet simultaneously neglect. We visit nature when it's convenient, we care for nature when it's convenient, and we hurt nature when it's convenient.

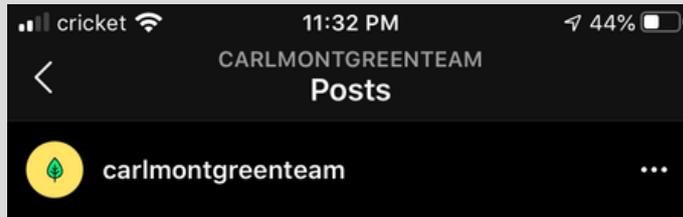
Now, we should gain our inspiration from nature, and not just when it's convenient. We must reshape our lives through the process of learning from our natural world. Not only can nature help us become inspired to preserve our lands that give us shade and a sense of composure, but it also has the tools we need to create solutions to our challenges. Using biomimicry to use innovations that are found in nature and applying them to advance technology can help us create a sustainable world while not drifting apart from our connection with nature.

Observing these clumps of cobwebs beside me reminded me places I've seen mimic the look of cobwebs. Without spiders and cobwebs, I wouldn't have my spider chair. Yet every time people see a spider, they want to kill it. Instead of destroying nature, let's learn from it. Nature presents opportunities for us to enhance our environment by being open to us all, so we should not take nature's blessings for granted.

"Nature doesn't hurry, yet everything is accomplished." - Lao Tzu



# Social Media



## Journal Entry



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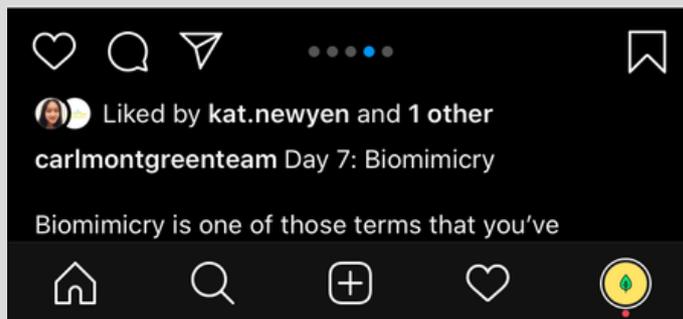
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## Day 7: Biomimicry

Biomimicry is one of those terms that you've probably never heard of, but it encapsulates much of what we see today throughout our lives. We take lots of our inspiration from nature to create materials and systems that help make our communities more sustainable. By following nature's footsteps, we can learn how it optimizes energy use at every turn. Biomimicry sees nature as a model and studies ways we can use nature's processes in our own lives. This quote from Lao Zhu resonated with me today: "Nature doesn't hurry, yet everything is accomplished."

Swipe to see examples of biomimicry, a journal entry from today's hike, and a biomimicry design I found interesting!