

Connecting: The Web of Life

Name _____ Date _____

Understanding the Web of Life

Connecting in the context of the Web of Life means using nature to facilitate connection to something larger than yourself, like your higher power (if you have one), to nature itself, to other people, and ultimately to your own True Self.

The Web of Life refers to the interdependence of all living things. Every organism, all plants, animals, fungi, and microbes, are part of a network where actions ripple across the system. All of life is connected. Observing these connections helps you:

1. Recognize your place within nature
2. Deepen empathy for others
3. Strengthen awareness of your inner self and spiritual connection

Nature demonstrates that no one exists in isolation. You, too, are connected through shared resources, mutual support, and cycles of life.

Reflection Questions

What patterns of interdependence do you notice in your surroundings?

How do plants, animals, and humans rely on each other?

How does seeing these connections in nature reflect your own relationships and inner life?

How might awareness of interdependence influence your actions?

Ecotherapy Exercise: Mapping the Web of Life

Instructions

Go outside to a local natural space (park, trail, yard, or garden). Sit or stand comfortably and take 2–3 grounding breaths.

Observe the ecosystem around you:

- Trees, plants, and grasses
- Animals or insects
- Soil, water, and air

Map the connections:

1. Choose one organism or element as your starting point
2. Notice what it interacts with: food sources, shelter, pollinators, predators, decomposers
3. Continue tracing connections outward, imagining the ripple effects of each action or change
4. Notice how each is part of the Web of Life

Reflect on your own connections:

- How are your thoughts, behaviors, and choices linked to others in your life?
- How does your well-being depend on the well-being of others (humans and nonhumans)?

Optional: Sketch a “web” using lines and arrows to visualize the connections you observed

Prompted Reflection

Which connections surprised or inspired you?

How did observing the web of life affect your sense of belonging?

How might this awareness influence your relationship with nature, others, and your True Self?

Did noticing interdependence change your perspective on responsibility or care?

Integration: Living in Connection

Journaling Prompts

List three ways you are connected to others and to nature daily

Identify one small action to strengthen connection and support interdependence

Reflect on moments when you feel disconnected. How could noticing the web of life shift that feeling?

How can observing natural interdependence guide your choices toward compassion, sustainability, or spiritual growth?

Micro-Practice

1. Pause outdoors for 2–3 minutes
2. Notice one organism and trace its connections mentally
3. Reflect on your own ripple effects in the world
4. Take one mindful action that honors connection (e.g., picking up litter, watering a plant, reaching out to someone)

Optional Challenge

- Spend 5–10 minutes each day for a week observing a small area of nature
- Track new connections you notice each day
- Reflect weekly on how your sense of connection to nature, others, and yourself has shifted

Seeing the web of life is a reminder: you are never truly alone, and every choice matters both for yourself and for the wider living world.