



This is a book about children's connection with Nature. The bonds are already strong at birth, may they get stronger as we age.

From June 2019 to August 2021, many wonderfully creative and enthusiastic students from Epsom Normal Primary school, Remuera Intermediate school and Roscommon school participated in photography workshops on school grounds and nature reserves, and captured these beautiful glimpses of nature to share with us all. They serve to remind us that we do not have to go far to find the peace and beauty of nature.

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LITTLE EYES, BIG PERSPECTIVES

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KIWI KIDS' CONNECTION WITH NATURE

by Tamariki from
Epsom Normal Primary School, Auckland
Remuera Intermediate School, Auckland
Roscommon School, Auckland

Front cover: by Pheenyx, Roscommon school
Back cover: by Alice, Remuera Intermediate

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Words from school leaders

This beautiful collection of photos tells so many stories about the natural world, and the talented photographers themselves. We all love being outside but to see the kids chasing a great image, waiting and watching with all the time in the world is so refreshing. I love the idea of including a new object to some of the photos; for example the toy bird and the little kiwi. A number of the photos have been displayed in our main foyer and every day many students have gathered around to check out what their friends have captured. It is very cool to see the kids learning from the little things in Nature. Life continues to flourish in the school backyard!

Thank you Tushar for your time and guidance.

Robin Gatfield
Head of Year 8, Remuera Intermediate School

Kei taku iti, kei taku rahi, he mihi tēnei ki a tātou
He mihi nui ki a Io Mata Ngaro, nāna te kore, nāna te po, nāna hoki te ao i whakatīnana.
E rere takiwā ana ngā whakaaro ki te ao wairua, ki te pūtahitanga o Rehua.
E mihi ana ki te rangi, ki te whenua, ngā maunga me ngā wai hōrapa i te whenua, me ngā hau e wha o te motu. Tihei mauri ora!

I have loved “reading” my student’s photographs this year. One image in particular captivated me. Just a single raindrop. Such beauty.

When you think about the myriads of droplets that formed in the very second that this raindrop did, it’s mind blowing - but there is always just one. The lens that captured that masterpiece, that framed that moment, that captured the beam of light through the glistening mass of that tiny droplet, which dispersed an iridescent array - that lens is incredible. But the eye that gave the instruction to that lens at that fraction of that split second is the master creator who provides opportunities for all eyes to enjoy nature’s hidden beauty.

Thank you Tushar, for enabling Roscommon School an opportunity to become master creators in the making.

Whaea Pare
He Pua Mai i Rangiatea Rumaki Reo
Roscommon School

Through the IMAgEN8 photography experience, students at RI are able to adopt the pace of nature; patient and calm. They learned to appreciate the little things that we often overlook during our fast-paced lives: fresh flowing grass, the crunch of an autumnal leaf, and the sound of the birds chirping happily in the trees. This course has been a true gift to the students of RI. Connecting with nature is extremely important during times like these and I know that the students will be eternally grateful for the wonderful skills they now have in the kit to support them through such times.

Sarah Choat

Year 7 teacher, Remuera Intermediate School

Once again, I am highly impressed with the quality of leaning imparted by Tushar at Epsom Normal Primary School. He is a valued member of our learning community and his photography skills and ability to share these with our students, are evidenced in the children's photographs. The level of creativity shown by these budding photographers is most impressive. The Development of Talent workshops at our school, such as the one run by Tushar, are the means of strengthening our young minds to equip themselves with the tools they need to live in the future.

We will shortly celebrate our four terms of learning with 'I am an Artist' and I am certain that the efforts of our children shown in this publication, will warm the hearts of many.

May I thank Tushar for his ongoing efforts to connect the young generation to nature and its beauty.

Principal
Ateel Sudhakar
Epsom Normal Primary School



Introduction

This is a book about children's connection with Nature. The bonds are already strong at birth, may they get stronger as we age.

From June 2019 to August 2021, many wonderfully creative and enthusiastic students from Epsom Normal Primary school, Remuera Intermediate school and Roscommon school participated in photography workshops on school grounds and nature reserves, and captured these beautiful glimpses of nature to share with us all. They serve to remind us that we do not have to go far to find the peace and beauty of nature.

These photographs were taken with digital Canon and Nikon single lens reflex cameras, made possible by IMaGEN8, a charity aimed at fostering sustainable connections with New Zealand's natural environment in our diverse communities through education, photography and technology. The purpose of the nature photography workshops at the school is to deepen student's connection with nature, allow them to express themselves creatively, increase awareness and support for important conservation and climate action goals, and improve mental wellbeing through time in nature and artistic expression.

Our workshops were paused many times due to Covid-19 lockdowns in 2020 and 2021, but we got stuck in as soon as schools were ready to reopen. The workshops have been very popular and often oversubscribed. It is a joy to meet the students when they come to the workshops, super excited to get a chance to photograph using 'real' cameras.

You will see how the students included themselves and their friends in some of the pictures in the *People are part of Nature* section. There are so many *Creatures* to find just on school grounds, from little ladybugs, a favourite of every child, to ubiquitous pigeons. From butterflies to spiders. One only has to pay attention. It is amazing but true that we can find flowers on school grounds even in the middle of winter. In the *Beauty of flowers*, you can see how the students have captured the amazing beauty and diversity of flowers. *Rain drops* was a subject that some students just chanced upon, and we focused their attention on that theme on a few of the workshops. Students love having *Shells and rocks* as a subject, and you can see the beautiful images they have captured with their buddy shell or rock in tow.

We organised some outings to *Nature reserves and gardens*, often just a walk away from the school. The students were thrilled to get away from the school for one or two hours, losing themselves in the beauty of nature. These nature reserves and gardens are a source of great wellbeing for our communities. *Leaves and plants* are all around us, the green colour brings us peace and calm. From the fresh green leaves of spring to the brilliant orange and yellows of autumn, leaves and plants are all around us, absolutely essential to life.

Many looked up the *Sky* to see what was going on, perhaps lying on their back in the grass watching the clouds float by. The last selection of photographs is those *Unusual* ones that do not fall into any single bucket. In fact, the caption Unusual was suggested by some of the students. We also include some *Writings* on Nature at the end of book, a delight to read.

Photography bridges the worlds of science and the arts. Today's global challenges - climate change, Artificial Intelligence, the Internet, poverty and pandemics, for example - are so HUGE that it's often difficult to 'see' them. This ability to see a problem, to grasp its importance, is key to finding a solution. Photographs can help us see a reality that is invisible to the naked eye.

I hope these glimpses of nature from the students' eyes bring you peace, and inspire you to explore and protect your local wild places. We hope to continue encouraging beautiful creative work from the students in the years to come, as well as seeing a deepening of their love for nature. Perhaps they will share their love with their families, friends and communities! We trust that this extension of their deepened appreciation for nature through their photography and writings will benefit themselves and our communities, indeed, New Zealand.

Covid-19 has the world shaken up at the moment. Nature, art and community are sources of strength. Let us lean on them to make our world kinder and more resilient.

In Nature, there is deep wellness.

-Tushar Sharma

PEOPLE ARE PART OF NATURE

I like this picture because the bark has a brown colour and a sometimes smooth, sometimes lined skin.

by Matthew
Year 8, 2021
Roscommon school





The students liked bringing themselves and their friends into the pictures. We humans are part of Nature after all!

Top: *Shy* by Mea, Year 6 2019, Epsom Normal Primary

Bottom: *Danielle is going to get crushed* by Shiya, Year 7 2021, Remuera Intermediate



Flowers and bees make for good supporting cast.

Top: *The flower from Hawaii* by Hadia, 2020, Epsom Normal Primary

Bottom: by Matthew, Year 8 2021, Roscommon school



Young magnolia

by Mikaere
Year 7, 2020
Roscommon school



CREATURES

Toy bird popping out

by Alice

Year 7, 2021

Remuera Intermediate





Silvereve on a Cherry blossom tree

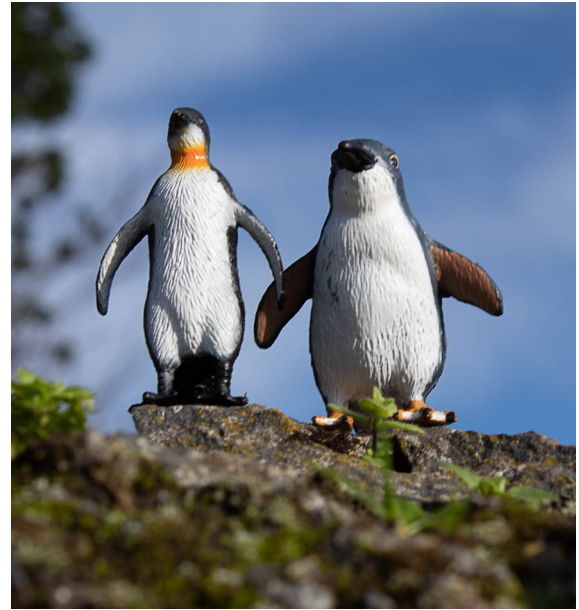


by Yaran
Year 7, 2021
Remuera Intermediate

The little sheep went for a journey around the school. One may think that she is out in the great outdoors!



by Mel
Year 8, 2021
Roscommon school



Sometimes the penguins went for a walk, hung out on a branch or went flying!

Top left: *The first penguin in history TO FLY!* by Khushi, Year 7 2021, Remuera Intermediate

Top right: *Friends* by Mali, Year 5 2021, Epsom Normal Primary

Bottom left: *It is so pretty. It looks like it is flying. I love it so much.* by Hannah, Year 5 2021, Epsom Normal Primary

by Mel
Year 8, 2021
Roscommon school





by Georgia
Year 8, 2021
Remuera Intermediate

Left page

Bees were a favourite subject for many students.

This page

The boys were especially interested in spiders!

Top: *Crab Boi* by Jonathan, Year 7 2021, Remuera Intermediate

Bottom: by Ethan, Year 8 2021, Remuera Intermediate





We saw the lifecycle of a butterfly...

Top left: by Khushi, Year 7 2021, Remuera Intermediate

Top right: by Alice, Year 7 2021, Remuera Intermediate

Bottom right: by Nicholas, Year 8 2020, Remuera Intermediate



Is that my shadow in the sky, or my long lost twin?

by Alice
Year 7, 2021
Remuera Intermediate

Bright, black, yellow, and white striped monarch butterfly caterpillar.
Crawling on the swan plant, Autumn sun, shining down

by Danielle
Year 7, 2021
Remuera Intermediate





One-legged pigeon

by Daniel
2020
Epsom Normal Primary

Pigeons are part of all school grounds, and they are a favourite subject for many students!

Top: *Scared pigeon* by Jasmine, Year 6 2021, Epsom Normal Primary

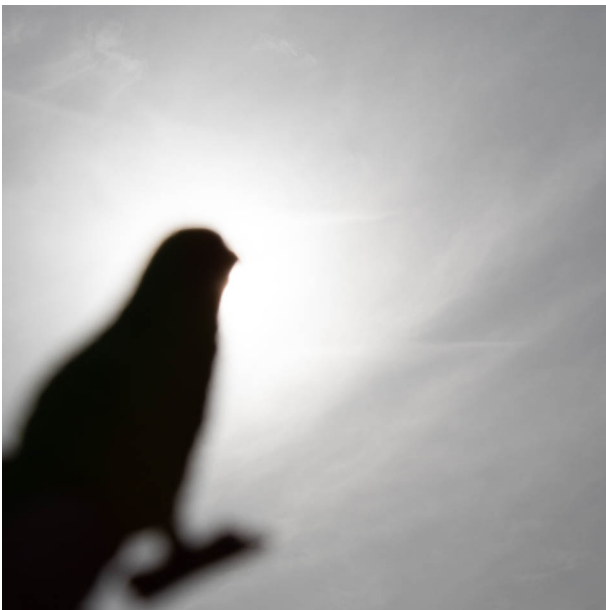
Bottom: by Ethan, Year 8 2021, Remuera Intermediate



“Gu! Gu! Gu! Play with me!”, said the fun pigeon. “No! I don’t have time!” said the little girl. “Oohh!” flew away the pigeon!

by Joy
Year 6, 2021
Epsom Normal Primary





Top left: *Having fun playing hide and seek, looking from side to side quickly, chirping all day long* by Mali, Year 5 2021, Epsom Normal Primary

Top right: *The colourful parrot, it sits quietly, colours around it* by Himandi, Year 5 2021, Epsom Normal Primary

Bottom left: by Alice, Year 7 2021, Remuera Intermediate

Top: by Mel, Year 8 2021, Roscommon school

Bottom: by Jonathan, Year 7 2021, Remuera Intermediate





Ladybugs are stars!

Top left: by Edeline, Year 6 2020, Epsom Normal Primary

Top right: *I love ladybugs, they are really amazing. I admire them, the bright blue cloth, I like it!* by Joy, Year 5 2021, Epsom Normal Primary

Bottom left: by Pheenyx, Year 8 2021, Roscommon school



So many little things were found...

Top left: by Mel, Year 8 2021, Roscommon school

Top right: by Nicholas, Year 8 2020, Remuera Intermediate

Bottom right: by Mel, Year 8 2021, Roscommon school



Bees love-nder

by Cleo
Year 6, 2021
Epsom Normal Primary



I see honey

by Meafou
Year 7, 2021
Roscommon school



BEAUTY OF FLOWERS

White, purple, and orange flower, resting in a bed of many green and yellow leaves.

by Danielle
Year 7, 2021
Remuera Intermediate



Painting

by Jai and Michael

2020

Epsom Normal Primary



Petals up close

by Anna

Year 7, 2019

Remuera Intermediate



Drops

by Jayden
Year 8, 2021
Remuera Intermediate



Light on the inside, but dark on the outside

by Khushi
Year 7, 2021
Remuera Intermediate



Tiny white/purple

by Lorraine
Year 6, 2021
Epsom Normal Primary



Fresh colours

by Yaran

Year 7, 2021

Remuera Intermediate



Dancing flowers

by Aamna
Year 6, 2020
Epsom Normal Primary



Sparkling

by Jeffrey
Year 8, 2021
Remuera Intermediate





Cherry blossoms are always something to look forward to.

Left page

Top: by Adrian, Year 8 2021, Remuera Intermediate

Bottom: by Yaran, Year 7 2021, Remuera Intermediate

This page

Top: by Georgia, Year 8 2021, Remuera Intermediate

Bottom: *Stillness* by Alex, Year 7 2020, Remuera Intermediate



Cherry blossoms

by Yaran

Year 7, 2021

Remuera Intermediate





Left page

Top left: *The flower blooms* by Dominic, Year 7 2019, Remuera Intermediate

Top right: by Alex, Year 8 2021, Remuera Intermediate

Bottom left: by Siu, Year 8 2021, Remuera Intermediate

Bottom right: by Ethan, Year 8 2021, Remuera Intermediate

This page

Sometimes one must look up...

Top: by Shiya, Year 7 2021, Remuera Intermediate

Bottom: by Khushi, Year 7 2021, Remuera Intermediate





Left page

Top left: by Joy, Year 5 2021, Epsom Normal Primary

Top right: by Nathaniel, Year 7 2020, Roscommon

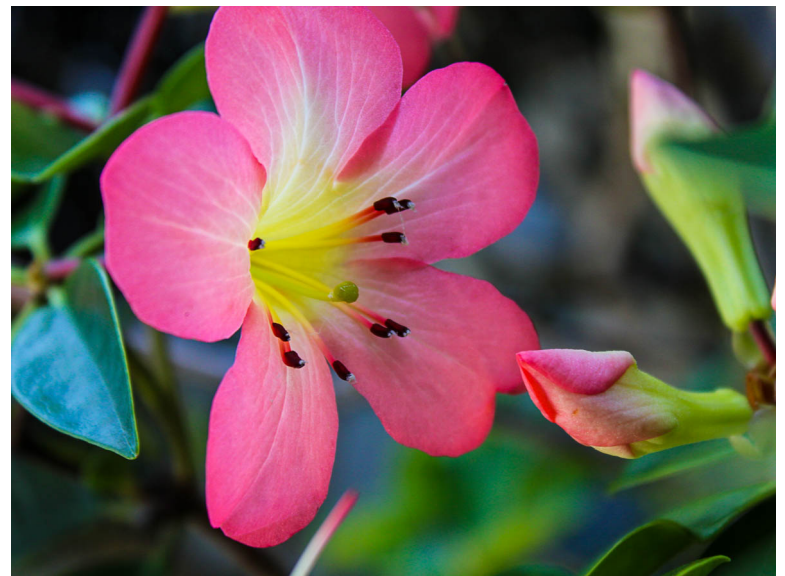
Bottom left: by Maria and Harper, Year 8 2020, Remuera Intermediate

Bottom right: by Pheenyx, Year 8 2021, Roscommon

This page

Top: by Anish, 2020, Epsom Normal Primary

Bottom: by Joy, Year 5 2021, Epsom Normal Primary





Left page

Top: *Beauty* by Toby and Nicholas, Year 8 2020, Remuera Intermediate

Bottom: *The quiet queen* by Lincoln, 2020, Epsom Normal Primary

This page

Top: by Hadia, Year 6 2021, Epsom Normal Primary

Bottom: *The flower on the tree* by Eva, Year 4 2019, Epsom Normal Primary





Left page

Top: by Georgia, Year 8 2021, Remuera Intermediate

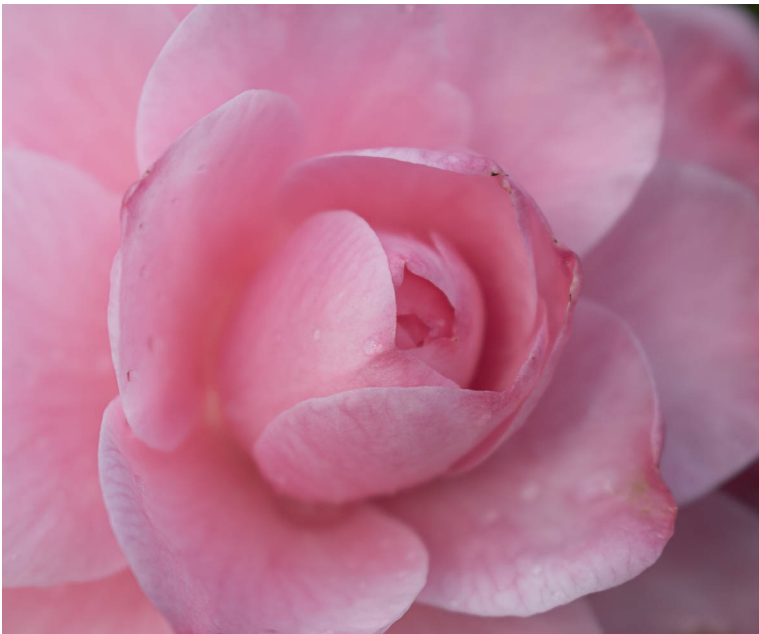
Bottom: by Georgia, Year 8 2021, Remuera Intermediate

This page

Top: by Jaci, Year 8 2021, Remuera Intermediate

Bottom: by Yaran, Year 7 2021, Remuera Intermediate





Left page

Top left: by Adrian, Year 8 2021, Remuera Intermediate

Top right: by Yaran, Year 7 2021, Remuera Intermediate

Bottom left: by Yaran, Year 7 2021, Remuera Intermediate

Bottom right: by Khushi, Year 7 2021, Remuera Intermediate

This page

Top: by Danielle, Year 7 2021, Remuera Intermediate

Bottom: by Lucas, Year 5 2021, Epsom Normal Primary





Left page

Top: by Ethan, Year 8 2021, Remuera Intermediate

Bottom: by Yaran, Year 7 2021, Remuera Intermediate

This page

Top: by Alex, Year 8 2021, Remuera Intermediate

Bottom: by Jaci, Year 8 2021, Remuera Intermediate





Left page

Top left: by Yaran, Year 7 2021, Remuera Intermediate

Top right: by Jayden, Year 8 2021, Remuera Intermediate

Bottom left: by Natalie, Year 7 2019, Remuera Intermediate

Bottom right: by Cleo, Year 6 2021, Epsom Normal Primary

This page

Top: by Mikaere, Year 7 2020, Roscommon school

Bottom: *Tiny golden nuggets* by Ngawini, Year 7 2020, Roscommon school





Left page

Top: by Edeline, Year 6 2020, Epsom Normal Primary

Bottom: by Emily, Year 6 2019, Epsom Normal Primary

This page

Top: *Every flower grows beautifully* by Mayuko, Year 7 2019, Remuera Intermediate

Bottom: by Edeline, Year 6 2020, Epsom Normal Primary





Flower twins

by Shiya
Year 7, 2021
Remuera Intermediate



Flower twins

by Alice
Year 7, 2021
Remuera Intermediate



The wonderful divers and the shower of beauty

by Edeline
Year 6, 2020
Epsom Normal Primary



Baby

by Alice
Year 7, 2021
Remuera Intermediate



*Roses are red
Violets are blue
I thought tulips were pink
But then I saw you*

by Khushi
Year 7, 2021
Remuera Intermediate



Vibrant

by Yaran
Year 7, 2021
Remuera Intermediate



by Meafou
Year 7, 2021
Roscommon school



by Mel
Year 8, 2021
Roscommon school

Perfect

by Yaran
Year 7, 2021
Remuera Intermediate



The lonely flower

by Kate

Year 8, 2020

Remuera Intermediate



Looking in

by Georgia
Year 8, 2021

Remuera Intermediate



Joy

by William
Year 8, 2020
Remuera Intermediate



The pink fresh flower

by Hadia

Year 6, 2020

Epsom Normal Primary



Pink

by Khushi
Year 7, 2021
Remuera Intermediate



Happy flower

by Georgia and Siu
Year 8, 2021
Remuera Intermediate



RAIN DROPS

Building bridges, not walls

by Pheenyx
Year 8, 2021
Roscommon school





Left page

Top: by Meafou, Year 7 2021, Roscommon school

Bottom: by Meafou, Year 7 2021, Roscommon school

This page

Top: *A drop* by Leo, Year 7 2020, Remuera Intermediate

Bottom: *“Dark” raindrops* by Te’amomai, Year 7 2021, Roscommon school





Left page

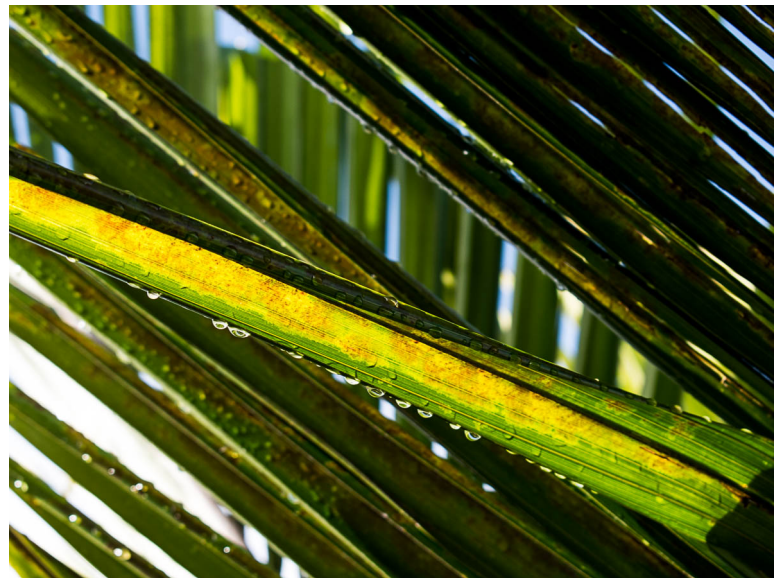
Top: by Siu, Year 8 2021, Remuera Intermediate

Bottom: by Pheenyx, Year 8 2021, Roscommon school

This page

Top: by Jayden, Year 8 2021, Remuera Intermediate

Bottom: by Yaran, Year 7 2021, Remuera Intermediate



Overpass

by Georgia
Year 8, 2021
Remuera Intermediate



Highway

by Yaran

Year 7, 2021

Remuera Intermediate



Soft

by Jayden
Year 8, 2021
Remuera Intermediate



SHELLS AND ROCKS

Balance

by Matthew
Year 8, 2021
Roscommon school



Orange

by Mel

Year 8, 2021

Roscommon school





Beautiful

by Ezra
Year 7, 2020
Roscommon school



by Alice
Year 7, 2021
Remuera Intermediate



Left page

Top: by Danielle, Year 7 2021, Remuera Intermediate

Bottom: *Hello, Hello! I'm not where I am supposed to be* by Nicholas, Year 8 2020, Remuera Intermediate

This page

Top: by Khushi, Year 7 2021, Remuera Intermediate

Bottom: by Alice, Year 7 2021, Remuera Intermediate





Miss Flower, Miss Flower. Where have you been?

by Emily
Year 6, 2019
Epsom Normal Primary



by Adrian
Year 8, 2021
Remuera Intermediate

by Pheenyx
Year 8, 2021
Roscommon school



Flowering

by Meafou
Year 7, 2021

Roscommon school



By the sea

by Jaci

Year 8, 2021

Remuera Intermediate



Yellow sun spots

by Ezra
Year 7, 2021
Roscommon school



Water clock

by Adrian
Year 8, 2021
Remuera Intermediate



NATURE RESERVES AND GARDENS

Reflections

by Matthew
Year 8, 2021

Roscommon school

Manukau beach





Left page

Top: by Meafou, Year 7 2021, Roscommon school
(at Manukau beach walking path)

Bottom: *The tree people* by Hannah, Year 7 2020,
Roscommon school (at Manukau beach walking
path)

This page

Top: by Danielle, Year 7 2021, Remuera
Intermediate (at Waiata reserve)

Bottom: *Moving season* by Eve, Year 7 2020,
Remuera Intermediate (at Wairua reserve)



Waterway

by Toby
Year 8, 2020
Remuera Intermediate

Wairua reserve



by Pheenyx
Year 8, 2021
Roscommon school

Auckland Botanical Gardens



by Maia
Year 8, 2021
Roscommon school

Auckland Botanical Gardens





by Matthew
Year 8, 2021
Roscommon school

Auckland Botanical Gardens



by Maia
Year 8, 2021
Roscommon school

Auckland Botanical Gardens



by Meafou
Year 7, 2021
Roscommon school

Auckland Botanical Gardens



by Pheenyx
Year 8, 2021
Roscommon school

Auckland Botanical Gardens



by Meafou
Year 7, 2021
Roscommon school

Auckland Botanical Gardens



by Pheenyx
Year 8, 2021
Roscommon school

Auckland Botanical Gardens



by Maia
Year 8, 2021
Roscommon school

Auckland Botanical Gardens



by Pheenyx
Year 8, 2021
Roscommon school

Auckland Botanical Gardens

by Maia
Year 8, 2021
Roscommon school

Auckland Botanical Gardens



by Matthew
Year 8, 2021
Roscommon school

Auckland Botanical Gardens



LEAVES AND PLANTS

Like a boat in a river

by Jonathan
Year 7, 2021
Remuera Intermediate



Ball of spikes

by Ava

Year 4, 2019

Epsom Normal Primary







by Aamna
Year 6 2020
Epsom Normal Primary



Left page

Top: by Sienna, Year 6 2021, Epsom Normal Primary

Bottom left: by Lorraine, Year 6 2021, Epsom Normal Primary

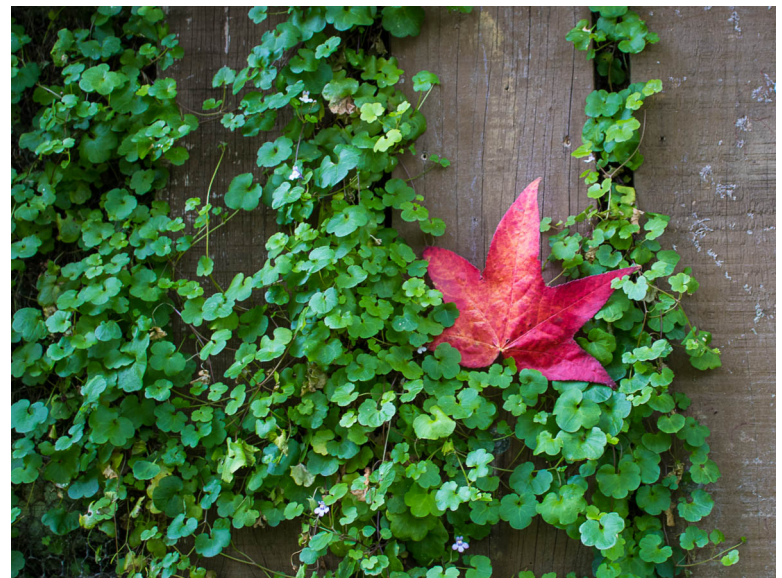
Bottom right: by Lovely-Rose, Year 7 2020, Roscommon school

This page

Autumn is a great time to go searching for leaves. Though the weather can be unpredictable, the cloud cover and the riot of colours makes for wonderful outings. So good for the soul ready to wind down for the winter!

Top: by Khushi, Year 7 2021, Remuera Intermediate

Bottom: by Luca, Year 7 2021, Remuera Intermediate





by Sidhi
Year 6, 2021
Epsom Normal Primary



The stripey guy

by Ezra
Year 7, 2020
Roscommon school



The majestic leaf

by Lincoln
Year 6, 2020
Epsom Normal Primary



by Toby
Year 8, 2020
Remuera Intermediate



Left page

Top: by Alex and Eve, Year 7 2020, Remuera Intermediate

Bottom: by Ranen and Sarah, Year 6 2020, Epsom Normal Primary

This page

Top: *Broccoli?* by William, Year 8 2020, Remuera Intermediate

Bottom: by Mel, Year 8 2021, Roscommon school



Sometimes the students find perspective that make spaces look like they belong to the great outdoors. These pictures are all taken on school grounds, but one is left to believe that we were in a big park or reserve!



by Jonathan
Year 7, 2021
Remuera Intermediate



Summer on a hill

by Zach
Year 7, 2019
Remuera Intermediate



by Hadia
Year 6, 2020
Epsom Normal Primary



Left page

Top: by Sidhi, Year 6 2021, Epsom Normal Primary

Bottom: *Taro* by Nathaniel, Year 7 2020, Roscommon school

This page

Top: *Unreal* by William and Leo, 2020, Remuera Intermediate

Bottom: by Joy, Year 6 2021, Epsom Normal Primary





Forever grey

by Maria
Year 6, 2020
Epsom Normal Primary



Leaf waterfall

by Natalie
Year 7, 2019
Remuera Intermediate



Crispy leaf, crispy love

by Cleo
Year 6, 2021
Epsom Normal Primary



Clock

by Sarah and Zainab
Year 6, 2020
Epsom Normal Primary

The imprisoned leaves try to escape from the jail the trees have created.

by Danielle
Year 7, 2021
Remuera Intermediate





by Georgia and Siu
Year 8, 2021
Remuera Intermediate



by Ethan
Year 8, 2021
Remuera Intermediate

by Lovely-Rose
Year 7, 2020
Roscommon School



SKY

Looks like a pokemon

by Jonathan
Year 7, 2021
Remuera Intermediate





Whirlpool of wind

by Evan
Year 7, 2021
Remuera Intermediate



2.O.Clock

by Luca
Year 7, 2021
Remuera Intermediate

UNUSUAL

Hey! Come look at this.

by Luca
Year 7, 2021
Remuera Intermediate



A nice day at the beach

by Luca
Year 7, 2021
Remuera Intermediate

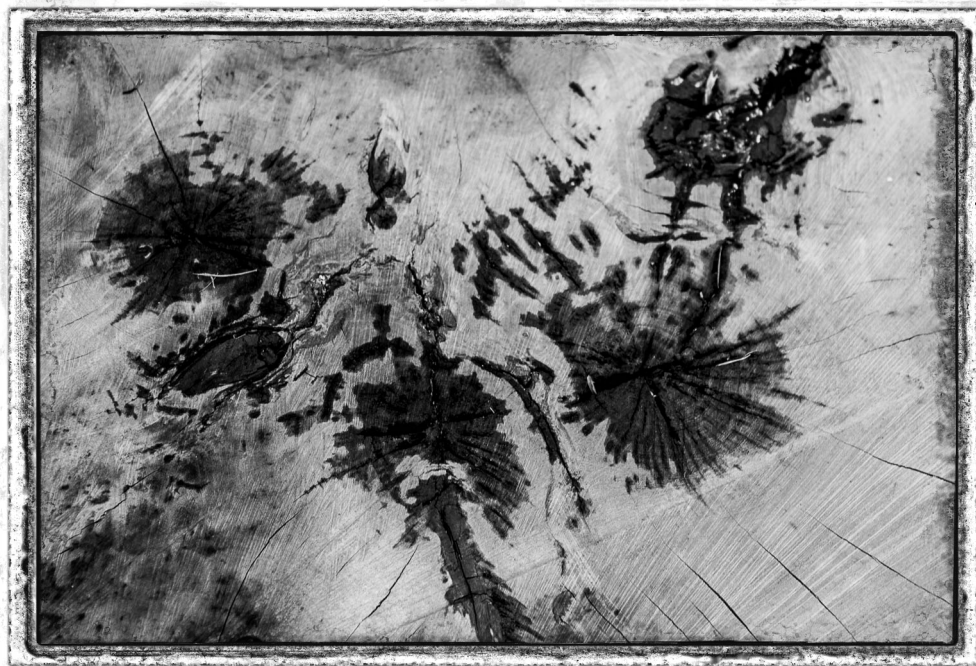




by Janna
Year 6, 2021
Epsom Normal Primary



by Zara
Year 6, 2021
Epsom Normal Primary



Galaxies

by Harper
Year 8, 2020
Remuera Intermediate



Circles

by Yaran
Year 7, 2021
Remuera Intermediate

Probably a fairy weaved it

by Ava
Year 4, 2019
Epsom Normal Primary





Flower growing in a shell

by Nidheesh
Year 7, 2019
Remuera Intermediate



Bite

by Khushi
Year 7, 2021
Remuera Intermediate



The eye of the woods

by Evan
Year 7, 2021
Remuera Intermediate



Splash!

by Evan
Year 7, 2021
Remuera Intermediate

Tangled!

by Aamna
Year 6, 2020
Epsom Normal Primary



Reflections

by Pheenyx
Year 8, 2021
Roscommon School



**Perfection is achieved, not when there is nothing more to add,
but when there is nothing left to take away.
- Antoine de Saint-Exupéry**

WRITINGS

I am like a butterfly flying in the quiet, blue breeze.
I am a unicorn leaping across the fences.
I am a bright sun, giving warmth to Earth.
I am like a flower standing in the burning sun.
I am me and all of these things.

by Zenisha, Year 2 2020, Epsom Normal Primary

The smile of the sun grows bigger and brighter,
as the yellow ball rises into the
clear, blue sky.
The magical ocean greets the lush sand
with an energetic hug.
Leaves drift to the muddy ground,
rolling around playfully.
The mystical city of Auckland will never be forgotten.

by Cleo Zipfel, Year 6 2021, Epsom Normal Primary

Up the street,
On pedalling feet.
I watch the sleeping ocean,
With not much commotion.
The clouds stare,
With a blazing glare.
The houses differ,
And the river runs quicker.

by Corbin Hall, Year 6 2021, Epsom Normal Primary

Leaves look like fire crackling in the camps,
They float down like a bird learning how to fly.
Leaves crunch under my feet like crispy chips,
Then twirl and swirl like a dancer on stage.
Leaves are like helicopters in the sky.

by Anne, Year 3 2021, Epsom Normal Primary

The sunflower gazed at the hot bright sun.
Bees buzzed around the sunflowers,
The sunflowers smiled at me.
The roots grabbed the soil while delicate flowers reached out to the sun.
The wind rushed past, then the petals one by one,
jumped down onto the soft, green, grass.
Birds tweeted and landed on the delicate sunflowers,
Butterflies filled the air with joy.
The leaves danced in the sunlight and the yellow petals of the sunflower blew in the wind.

by Kyla, Year 3 2021, Epsom Normal Primary

Acknowledgements

I would like to acknowledge the invaluable support and encouragement from all these individuals - without your positive energy, this mahi would not be possible!

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Nature Science

There is an ever-increasing body of scientific evidence that Nature is good for our physical, mental and social wellbeing. Here are some of the scientific reasons why that is so.

1. Activity - Time in nature is usually active time, which helps make our bodies resilient and stronger. Whether we walk, run or hike, it's all good for us. Scientific research shows that exercising in nature stimulates an enzyme called telomerase, which helps regenerate DNA in our chromosomes (that carry genetic information for regeneration) and prevents age-related illnesses. In nature, our brains are in a more restorative mode and stress levels are lower, which is thought to increase telomerase levels.
2. Fascination - Natural scenes, large and small, offer a mental break from "doing" or "worrying" and offer time for simply "being". It reboots our brains and lowers stress levels.
3. Sight - The natural world is filled with intriguing objects that gain our attention but in an effortless way. Patterns known as fractals, which exist throughout nature, occupy our brain but make no demands upon it. Flowers, ferns, trees, clouds... fractals are everywhere. We're drawn to these patterns because they are easy to process, and looking at them gently takes the brain "offline", allowing it to recover.
4. Colour - Studies have show that colour has an effect on our emotions. Our emotional response to colour is influenced by hue (true colour), saturation (the purity or vividness of a colour), and brightness (the degree of light a colour reflects). Colour sensors in our eyes are directly tied to the brain. Those yellow flowers do brighten up our day!
5. Oxygen - Our instinctive affinity with nature means that we immediately feel calmer and more at ease in a natural setting than in an artificial, human-made one. Our breathing slows down, we take in more oxygen, which "aerates" the body and helps in rejuvenation and recovery.
6. Smell - Plants emit scent chemicals in unique combinations, and the human nose contains around 400 different types of olfactory receptors. Inhalation is one of the most effective ways for the body to take in beneficial substances. Impulses from receptor cells travel directly to the olfactory bulb in the brain. A Japanese experiment showed that inhaling plum blossoms scent activated brain areas related to speech, memory, movement, and raised levels of happiness.
7. Sound - Research shows that natural sounds, in particular birdsong and moving water, have a restorative effect. Brain pathways for vocal learning in humans and birds are surprisingly similar. Evidence indicates that human language and birdsong evolved in parallel, which may have resulted in our heightened perception and appreciation of birdsong. Birdsong is associated with pleasant things like greenery, spring or summer weather, and a safe environment.
8. Water - We find still water calming to look at, and falling or flowing water exciting. Sound of moving water makes us feel relaxed because of the smooth way it rises and falls in intensity. Through both sight and sound, water improves our wellbeing.

9. Touch - Like software, the human immune system needs data to work effectively. This "data" is in the form of diverse microbes that help the immune system identify what is a threat to the body and what can be tolerated. Studies show that contact with soil gives us exposure to beneficial microbes. These microbes help make our immune system more efficient. One of the studies has linked prolonged inflammation caused by low immunity to mental health issues, including those in young people.

When we engage in nature photography, we get the wellbeing benefits of sight (fractals, colours), reboot our brain by redirecting our awareness, and feel rejuvenated because of the healing qualities of natural sounds, smells, and touch. Our bodies get more activity, more oxygen and our DNA is strengthened. In nature, there is deep wellness.

- Tushar Sharma





REMUERA
INTERMEDIATE
SCHOOL
RELIABILITY INTEGRITY SERVICE



EpsomNormal
primary school

Kia ngātahi ai te tu
E pakari ai te tuarā

Together we are strong



These are the locations where students have had the opportunity to capture photographs at as part of the IMAgEN8 workshops and lockdown programs.

In blue are current and past locations, and in orange are nature reserves and schools where we will be offering workshops in the near future.

We want to give every school, every student the opportunity to connect with Nature through photography. If our work excites you, please get in touch.

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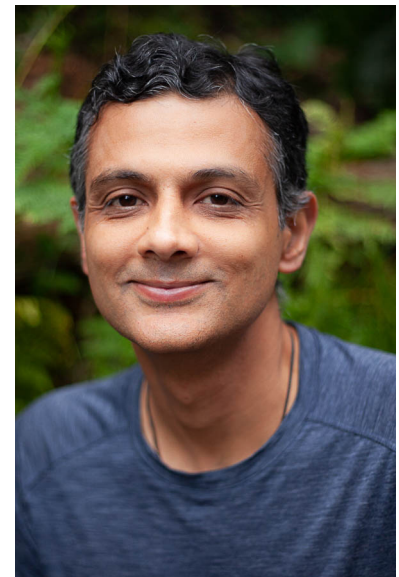
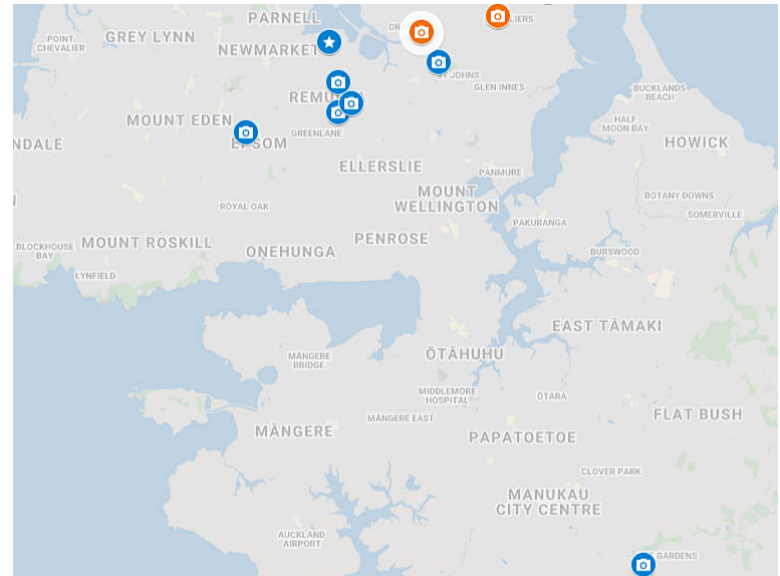




IMAgEN8 is a registered charity whose purpose is to foster sustainable connections with New Zealand's natural environment in our diverse communities through education, photography and technology.

Our goal is to give every student in every school in New Zealand the opportunity to connect with nature through photography.

New Zealand, like the rest of the world, is facing conservation, climate change and sustainability challenges. We want to increase awareness and inspire action, and a critical step is to connect people with nature. Mental wellbeing is a growing concern. Pace of life, workplace/academic stress and technology overuse are major factors. Time in nature is essential for mental wellbeing. This wisdom has been part of world cultures for thousands of years and there is now a large body of scientific evidence behind this.

We believe that by forming deep connections to our natural environment, we are happier, more compassionate, conserve what we love, and live sustainably.

Our nature photography educators are Tushar Sharma and Hina Patel.

imagen8.co.nz