



## 22 Actions for Biodiversity

During the 2022 [Biodiversity Day](#) campaign, lists of 22 actions for biodiversity will be released gradually for various audiences to inspire action for nature. The actions are aligned with the post-2020 [global biodiversity framework](#). The public is called to:

- Adopt any of the 22 actions or propose their own actions or lists
- Share photos/videos of their action(s) on social media with the hashtag #BiodiversityDay ([available in other languages](#))
- In the run-up to 22 May, the campaign will showcase these actions taking place around the world.

Given the ongoing COVID-19 pandemic, Biodiversity Day 2022 is commemorated mainly through online campaigns to ensure safety of all participants. You are in the best position to know what awareness-raising campaigns and calls to action are feasible at your national level considering local conditions, the COVID context and related restrictions.

The lists of 22 actions for biodiversity are not exhaustive. Examples are given for online and in-person actions. We acknowledge that some actions may not be feasible in certain countries or communities. The actions suggested in the lists are meant to mobilize action for biodiversity and to create engagement and participation in the [Biodiversity Day](#) campaign. They are by no means exhaustive or fully representative of all the possible actions that can be taken around the globe. We apologize for any inconvenience or misunderstanding this could cause. We look forward to your feedback. Please [contact us](#) for any comments and suggestions to rectify any inconsistencies. More importantly, we invite you to create your own lists of 22 actions for biodiversity, which will be more representative of your work and adapted to your field of interest.

21 of the actions are aligned (but not identical) with the post-2020 [global biodiversity framework](#) to be adopted at the [United Nations Biodiversity Conference \(COP15\)](#). Through these actions, every person can play a role in achieving the targets set in the framework. The 22<sup>nd</sup> action is to celebrate [Biodiversity Day](#).

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## 22 Actions for Biodiversity

### Actions by nature connection enthusiasts

Courtesy of *Nature Know Australia*.

#### 1. Say thank you to Country

- All over the world First Nations People care for, practice culture, and have profound connection to the Country they live on. Giving thanks and acknowledging the Land and Country you are on, and visit is respectful, helps build understanding and deepens connections.
- Remotely: Find your location, investigate who the Traditional Owners are. Learn about their culture and practices. Ask yourself how you can continue to deepen your knowledge and understanding.
- In-person: Find a walk or event given by First Nations people and go along to learn support and deepen your wonder at their connection and care for Country and the land.

#### 2. Get outdoors

- Getting outdoors is good for your health and wellbeing and opens your eyes to the wonders of nature.
- Remotely: If can't get outside or look out from a balcony or backyard, find a nature channel online and watch for 10 minutes. Looking at nature online is known to have benefits for your wellbeing and stress levels.
- In-person: Commit to taking a walk outside for 30 minutes. It can be in a local park, your garden, or a national park. What can you notice that you may not have noticed previously?

### 3. Immerse your sense of taste

- Tasting can help enliven several senses and be a special enjoyable moment, especially if you can take the time to enjoy and appreciate it. Discover the taste of tea or herb tea.
- Remotely: Choose a favourite tea from the cupboard, make your tea, and sit by the window. Close your eyes, smell the aroma, feel the warm steam and taste slowly through your nose and tongue. How does that make you feel?
- In-person: Explore a tea that is made sustainably, or harvest a homegrown herb like, mint from the garden. Boil your water and tea pour into a flask to take on your next nature walk. Pause for a moment on your walk, gaze at nature around you and sip slowly.

### 4. Immerse your sense of touch

- Nature provides an infinite array of textures – whether it be plant, animal, mineral. These surfaces can open a variety of opportunities for nature discovery.
- Remotely: If you are unable to get outside then it can be an opportunity to get to know a house plant or a bunch of flowers better. Explore their surfaces and take time to reflect on what makes you curious about their texture?
- In-person: Take a slow walk in nature, what surfaces around you are you keen to explore more. Being mindful of hazards and sharp protrusions, take time to explore two different textures with your hands. What are the differences and similarities? Which one do you prefer? Take your time to connect.

### 5. Immerse your sense of smell

- Your sense of smell is valuable to help you transport you back to different points in time. The forest is full of both wonderful and interesting smells, Phytoncides are volatile organic compounds released by plants to help them fight off disease and pests. Inhaling the scent can be both relaxing and help your physiological and psychological health.
- Remotely: Source some herbs from your kitchen cupboard. They could be basil, rosemary, or parsley. Take your time to close your eyes and smell the aromas, feel some instant benefits as you smell these delicious scents.
- In-person: A walk through the forest or park can be a wonderful opportunity to take in the scents of the plants. After rain, during warmer



summer days or early morning are potent times for stronger smells from plants. Find a fallen leaf, crush it between your fingers and focus on taking slow thoughtful sniffs.

## 6. Immerse your sense of sight

- Nature offers a palette of delightful colours, shapes and sights. Spend some time in nature to inspire your creativity.
- Remotely: If you are unable to get outside and cloud gaze, there is still lots of benefits to looking up.
- In-person: Take some downtime to cloud gaze. Looking up at the sky offers so many benefits, especially as so many of us spend time looking at screens. Looking up takes you out of your thoughts, relaxes your eye muscles, reduces eye strain, and widens your perspective.

## 7. Immerse your sense of hearing

- The sounds of nature evoke memories and emotions and can help you feel more connected in a place. Bird calls are something that we may not always consciously notice, though they can bring much joy.
- Remotely: Learn about local biodiversity. Choose 3 bird calls of birds in your local area, research online, use a bird identification app or borrow some CDs from your library and listen. Once you are familiar with these bird calls – listen out daily for their sounds.
- In-person: Bird calls are often evocative of memories and are used by birds to communicate with each other as they go through the day. Take a walk locally and choose to listen only to the bird calls. How does it make you feel?

## 8. Appreciate nature's beauty

- There are infinite moments and so many ways that nature shares its beauty. Using creative skills to express this can help deepen our connection to nature.
- Remotely: Think back to a moment in nature that is special to you. How could you recreate this memory with words, song, art or share with a friend?
- In-person: Take a walk and focus on something in nature that appeals to you. How could you create a memory of this moment? Could you take a photograph, make a line drawing, or write a poem about your experience? Share your creation with your friends and family.

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## 9. Appreciate meaning

- Nature means different things to all of us due to our lived experience of it. Making a sense of the seasons, celebrating what is special about nature near are all ways to appreciate its meaning to you.
- Remotely: Dynamic processes of air water and soil can all affect what happens to nature through the year. Choose your favourite season and contemplate what makes it important to you? Research what the rainfall, temperature and hours of daylight can be expected at this time of year. How could you apply this information to help you plan some more time in nature one day soon?
- In-person: Take a moment before your next slow nature walk and contemplate the season you are in. When you are amongst nature, what signals and distinctive features can you notice around you? Are there more subtle signs that you don't normally notice, bird calls, seeds on plants, certain aromas. How can your tune in your season sensor to understand the nature and biodiversity around you?

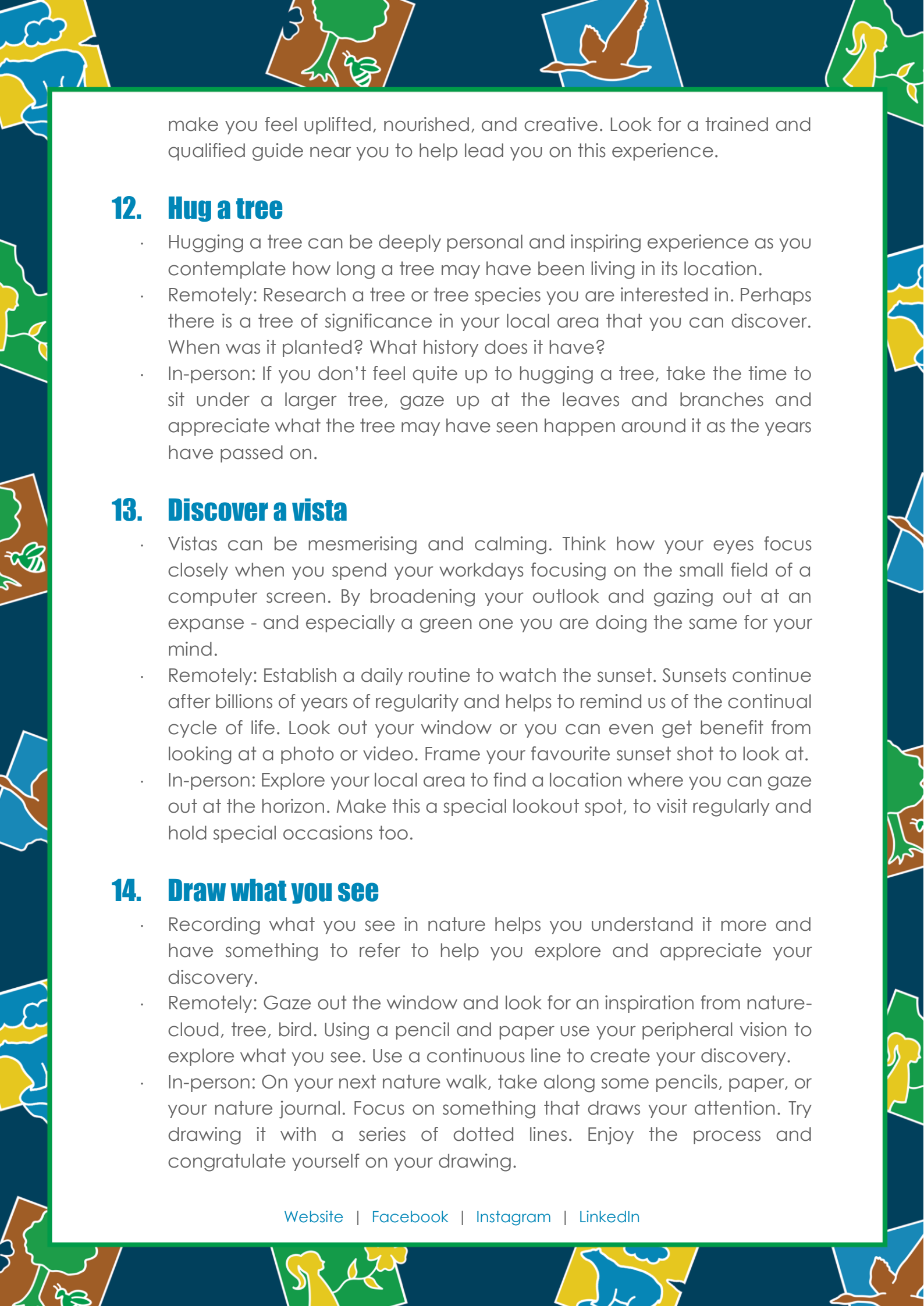
## 10. Notice the unusual

- Nature provides so many opportunities of the unusual and these can spark your sense of wonder and awe.
- Remotely: Spark your curiosity and sense of wonder by exploring something about nature that you find unusual. What questions do you have and how could you find out more about this extraordinary feature?
- In-person: Take a slow walk in nature and take your curiosity with you. What do you discover? What makes it unique? Discovering the unusual in the natural world fills us with wonder and awe, as we move away from thinking and escape into this captivating world.

## 11. Take a forest therapy walk or mindful wander

- Forest therapy (forest bathing or Shinrin Yoku) walks are slow walks in natural surroundings that are totally driven by your own needs and can have deep physiological and psychological health benefits.
- Remotely: If you are unable to get out in nature – why not find a forest therapy guide near you and ask if you can have a remote session. There are still many benefits from participating in a session this way.
- In-person: A forest therapy walk led by a qualified guide can lead an experience that can immerse you in the beautiful surroundings and



A decorative border surrounds the central text area, featuring various nature-themed icons in a collage style. These include a blue bird in flight, a green tree, a yellow sun, a blue cloud, a green frog, a blue butterfly, a yellow flower, a green leaf, a blue water drop, and a yellow bee. The icons are set against a dark blue background with green and yellow accents.

make you feel uplifted, nourished, and creative. Look for a trained and qualified guide near you to help lead you on this experience.

## **12. Hug a tree**

- Hugging a tree can be deeply personal and inspiring experience as you contemplate how long a tree may have been living in its location.
- Remotely: Research a tree or tree species you are interested in. Perhaps there is a tree of significance in your local area that you can discover. When was it planted? What history does it have?
- In-person: If you don't feel quite up to hugging a tree, take the time to sit under a larger tree, gaze up at the leaves and branches and appreciate what the tree may have seen happen around it as the years have passed on.

## **13. Discover a vista**

- Vistas can be mesmerising and calming. Think how your eyes focus closely when you spend your workdays focusing on the small field of a computer screen. By broadening your outlook and gazing out at an expanse - and especially a green one you are doing the same for your mind.
- Remotely: Establish a daily routine to watch the sunset. Sunsets continue after billions of years of regularity and helps to remind us of the continual cycle of life. Look out your window or you can even get benefit from looking at a photo or video. Frame your favourite sunset shot to look at.
- In-person: Explore your local area to find a location where you can gaze out at the horizon. Make this a special lookout spot, to visit regularly and hold special occasions too.

## **14. Draw what you see**

- Recording what you see in nature helps you understand it more and have something to refer to help you explore and appreciate your discovery.
- Remotely: Gaze out the window and look for an inspiration from nature - cloud, tree, bird. Using a pencil and paper use your peripheral vision to explore what you see. Use a continuous line to create your discovery.
- In-person: On your next nature walk, take along some pencils, paper, or your nature journal. Focus on something that draws your attention. Try drawing it with a series of dotted lines. Enjoy the process and congratulate yourself on your drawing.

## 15. Plant a seed or plant

- Nurturing a plant can be an immense pleasure as you learn more and watch it grow from its infancy. You are contributing to the biodiversity of the planet in your actions.
- Remotely: If you don't have a garden space, you can grow sprouts to eat. You will need a glass jar, some muslin, some seeds like lentils, alfalfa, or mung beans. Use cloth and string or elastic to seal the top of the jar.
- Place the seeds in the jar near a window and change the water daily. It won't be long before your living food arrives.
- In-person: Planting is a compassionate act, especially to plant a tree, as the tree can live on long after you have gone. Local endemic plant species when tending your garden helps lessen the threat of weeds.

## 16. Nurture your garden

- Nurturing a garden can be a very fulfilling and rewarding activity as you learn about the plants, their responses to the season and what animals visit them.
- Remotely: Caring for a house plant is a satisfying activity to undertake. Having regular connection to the plant by tending to it can help make you feel relaxed and connected to nature.
- In-person: Take some quiet focused time when you next step into your garden. Natural pesticides, natural fertilisers, and organic soil mixes are an excellent choice to make when tending plants.

## 17. Water with care

- Water is one of the most valuable resources on the planet and minimising waste and optimizing its use is something we can all do to help the planet and biodiversity.
- Remotely: Minimise your water use at home, take shorter showers, and turn off the tap when cleaning your teeth.
- In-person: Take a moment when watering your plants to appreciate what the water is doing to help your plants grow. Use a mulch to help retain soil water and help prevent evaporation.

## 18. Explore the night sky

- It can be particularly beneficial for your mood to gaze at the night sky and be in awe of the universe around you.

- Remotely: If you are unable to get outside and look at the night sky let NASA streaming bring the sky, planets and all the action and discoveries to you on YouTube.
- In-person: Take a moment to share the specialness of the night sky with others. Discover what phase the moon is in, look for marker stars and planets. Looking up in the unique quiet of night, moves your head up drops your shoulders and opens your chest. This can help slow down your heartbeat and help you feel more relaxed.

## **19. Walk sustainably**

- Walking in nature with care and sustainable actions is a wonderful way to support biodiversity in your area and lead by example.
- Remotely: Compost your items at home and limit your use of plastic packaging. A bokashi bin or worm farm can be a terrific way to break down fruit and vegetable waste and create good organic material. Join a compost share group and donate your compost to others.
- In-person: On your walks take your food and snacks in reusable containers. Leave nothing but footprints and if you spot some rubbish, collect it, and dispose of it correctly. The biodiversity around you will benefit from your care.

## **20. Participate in citizen science**

- Participating in citizen science projects helps to support understanding about the biodiversity around you and collaborate and learn from each other.
- Remotely: Helping to identify animals and plants on a citizen science project is a wonderful way to learn more about what you see and communicate with other interested citizen scientists.
- In-person: Take a slow walk in nature and take along a phone to record something you notice that you would like to learn more about. One of the largest databases for biodiversity worldwide is the [iNaturalist app](#). Get involved with the iNaturalist community and record your sighting and open your curiosity.

## **21. Care for the place where you live**

- Weeds can outcompete native plants and become invasive in biodiverse places and create a home for invasive pest species. This can upset the natural balance of environments.



- Remotely: research through your local council what garden escapees are problem weeds in your location. Share your knowledge with others.
- In-person: Report weed species especially weed of significance to the landowner (council and national parks) through citizen science.

## 22. Celebrate Biodiversity Day

- 22 May is Biodiversity Day! Participate in celebrations that are happening in your country or organize an activity to get others involved. Find out more at [www.cbd.int/biodiversity-day](http://www.cbd.int/biodiversity-day). *Anyone can organize activities!*
- Join in on a [forest therapy walk](#) and get closer to biodiversity and feel relaxed and rejuvenated by nature.

*[Propose your own list of 22 actions for biodiversity \(guidelines\) >](#)*



**BIODIVERSITY  
DAY 22 MAY**  
**Nature Know Australia #ForNature**

[#BiodiversityDay](#)

[#COP15](#)

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