

Report after 2 explorations

We have experienced the process of exploring nature twice. I discovered a lot and my attitude towards nature changed.

I've always been very interested in human's attitude to nature. This is also the part of my exploration that I subconsciously pays more attention to observation and reflection.

I have observed that we rarely touch natural creatures (trees/plants, etc.) in our daily life. When we touch trees/plants/land directly with our hands, we get a lot of "don't touch" feedback from others.



When hugging trees, friends told me not to hug, trees are dirty



While observing the unidentified object (possibly moss after dried water plants), a little girl passed by and wanted to come to see it, but was pulled away by her grandmother

After having these experiences, I began to wonder if I had the same attitude towards nature subconsciously, thinking that dirt, plants, rain and debris were not clean, so I observed and reflected on my own psychology and reaction.



When I observed the stake in Lu Xun Park, I found it very beautiful in color, but could not determine whether it was spray paint or moss.

When I tried to touch it with my hands, I hesitated again, out of a subconscious "dirty" mentality.



After overcoming this mentality, I still chose to touch the stake, fingers also covered with moss, a beautiful yellow green color. But strangely enough, I didn't feel "dirty" after touching it

So I began to wonder what this "dirty" idea really was. Comparing my own living environment with the environment in nature, several reasons come to mind.

First, the idea of "dirty" is a simple matter of how easy it is to clean. But in my quest, I also tried to forget about it for a while.



So I tried to walk into the mud. It still felt dirty at first, but after walking in, the feeling of soft and sunken feet was also a good experience.



When I came home to clean my shoes, I was pleasantly surprised to find that the toe of my shoes was stained with the turquoise of moss.

Moreover, in rainy days, shoes wet, due to elasticity of the shoes it will squeeze out water. It's also a fun experience.

But at the same time, the deeper reason why we think dirt, bark, and debris are dirty may be a maladaptation due to environmental changes.

The environment in which we live (such as our homes) is largely made up of artifacts, single, simple objects produced by HCD, of which humans are the unquestioned center. And nature is a complex system that we don't normally predict. When entering nature, the proportion of nature in the view increases, and it is no longer as controllable as in the home, in the building. When returning to nature, people feel uncomfortable and strange, which may be a mode of thinking that separates human beings from nature.

After these experiences and attempts, I no longer feel that rain, dirt and moss are "dirty". It's a nice shift.

In addition, after asking many people, they think that sometimes they are afraid to go near the plants because there may be small insects hiding above them, and they are afraid that they will attack them, which is also a kind of fear from the unknown. At the same time, I've

found that fear of insects is very common, partly because of their small appearance, which makes it difficult to know where they are if you climb on them. The other is that we know so little about insects that we can't tell if they're going to be bitten or not.



When looking at the black hole of this tree, I touched the black part with my hand. It is loose and soft, and there are many ants coming out of

After thinking about this, under the influence of the epidemic, we may pay more attention to our own borders and health and not be invaded by the outside world. However, when we slightly overcome some fear or aversion to get in touch with nature, we will gain a lot of novel experience. This instinctive fear of the unknown will be reduced by learning more about what is in nature through experimentation and contact.