

Forest Bathing (Shinrin-yoku)

The Japanese art of connecting with nature, using your senses to take in everything around you

2

Walk slowly around the area, making a large circle. Stop every 5 steps to **take a deep breath**. What can you see or smell?

1

Find a **calm space outside** (like a garden, green or wood)

7

Open your eyes, take a second to **be thankful for nature and all that it provides**.

6

Find a comfortable spot on the ground to **sit**. **Listen carefully** to the **sounds of nature** with eyes closed.

5

Go to a **tree or bush**. **Feel the bark**. Is it squishy or hard, smooth or rough? Can you **reach all the way around** the trunk or branch?

4

Collect **2 different leaves**. Look at their shapes. If it's sunny, **how are their shadows different?** If it's rainy, try and **collect water droplets** on the leaves as they fall from the sky

3

Find a spot to **plant your feet**. Pretend to **grow into a tree**, **feeling the breeze** between your fingers

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For more information visit

www.theparkstrust.com