

Forest Bathing - Shinrin-Yoku

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

1

Find a calm space outside. Close your eyes and spend a moment listening to your breathing. Notice how you feel.

2

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

3

Find a spot to plant your feet. Pretend to grow into a tree, feeling the breeze between your fingers and the sunlight on your face.

6

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

4

Collect 2 different leaves from the ground. Look at their shapes and feel their textures. 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.

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?

