## Forest Bathing (Shinrin-Yoku)



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

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Walk slowly around the area, making a large circle. Stop every 5 steps to take a deep breath. What can you see or smell? Find a calm space outside (like a garden or wood)

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

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

closed.

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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

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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?