

Forest Bathing

Being at one with the forest.

5 -16

Health & Wellbeing



Background information:

Forest bathing is an activity with no activities. It's not exercise or walking or investigating. It is simply spending time in and with nature, letting it invade our being using all of our senses.

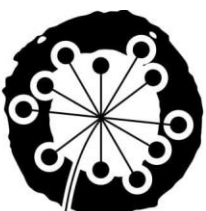
This activity encompasses a range of curricular areas. **Health and wellbeing** - encouraging the children to use mindfulness to absorb their surrounding. **Literacy** - using language to describe feelings and experiences. **Science** - observing habitats and creatures and learning about how they require each other to exist.

Equipment

Just yourself and a forest. If there's no forest available, a park, natural area or other greenspace is just fine.

Activity

- First, find your spot. Leave phones and cameras and any other distractions at home.
- Wander aimlessly. Encourage children to breathe in the smells, the sounds and the atmosphere of the forest. They should be free to go wherever they want.
- Suggest places to pause. Encourage close examination of a leaf, a log or a flower on the forest floor.
- Encourage children to feel through their feet the ground that they are walking on. How would they describe the feeling?
- Take a seat on a comfortable log and listen. What can you hear? Do the sounds change as you sit quietly for a time?
- Try not to talk while you are walking. Maybe have a little space between each of you to encourage silent reflection.
- Afterwards, gather and share your experiences.
- Once you have finished, spend a short time reflecting. How do you feel now?



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