



GROUND YOURSELF IN NATURE



Co-funded by the Erasmus+ Programme of the European Union

Short introduction to how we experience nature with all our senses and how we can create a stronger sense of connection to nature inspired by forest bathing



Topic

5 minutes- 24hrs

Nature connection and environmental engagement

Awareness, values & responsibility

Place attachment, responsibility % care



Participants

- Have an increased nature awareness
- Have basic knowledge of physiological and mental effect that nature has on the human body
 - Understand the effect of calming down in nature
 - Are able to practice nature connection by themselves



Suitable for outdoor sport instructors (and course participants)



Practical sessions



Outdoor F2F



More activities under see-project.eu



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Materials needed

Sitting pad to protect against cold or damp ground, might come in handy.



Preparation

Learn about Forest bathing or the Japanese method of Shinrin-yoku.

Activity instruction

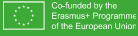
The educator explains: Find your own location in a natural forested environment that your body feels drawn to. Rest your body on the earth in whatever way you please. Allow your body to relax, without the effort of trying to do anything. Remain in the same spot for up to 30 minutes. Observe the world around you. See what you notice. What does your senses tell you? Motions in nature? Smells? Sounds? Touch? Temperature? Different colours and shades?

Reflection and discussion

The instructor facilitates a short reflection. This can be a discussion with the whole group where members are asked to share their experiences and how the exercise felt in their bodies. It can also be a short exchange within pairs of two people.



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Potential Variations

Just focus on one sense. What do you hear? What do you feel with your hands?
It can be a strong experience for everyone to spend 24 hours outside in nature by yourself in silence without doing anything particular.



Background knowledge

Get inspired on youtube, Forest Bathing.



Key words

#natureconnection
#natureawareness



Source

-Dr. Quing Li, Nippon Medical School



Presented by

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