

Focus

- Mindfulness
- Senses
- Connection
- Inspiration

When

Daytime

Where

Wooded area or forest

Group Size

1 or more players

Ages

10 and up

What You Need

An open mind!

Forest Bathing

The sky and earth touched me

What to do

Take a quiet, gentle walk in the forest and allow yourself to feel part of nature. This experience awakens your senses, calms your mind, and deepens your connection with the living world.

1. Enter through a natural gateway

Find two trees that feel like a doorway. Step through slowly.

- Feel the trees around you.
- Look up their trunks into the sky.
- Listen to birds, wind, and leaves.
- Smell the woodland air.
- Breathe deeply and walk with quiet awareness.

2. Practice reciprocal breathing

- Find a tree. Gently hold a leaf.
- Breathe in deeply – the tree's gift of oxygen.
- Exhale slowly – your gift of carbon dioxide.
- Imagine the tiny openings under the leaf (stomata) exchanging breath with you.
- Feel how trees and people support each other – you are each other's air.

3. Become part of the woodland

- Find a sunny spot.
- Close your eyes. Imagine yourself rooted in the earth and reaching for the sky.
- Feel sunlight warming your "leaves" (arms).
- Picture yourself covered in thousands of leaves, each soaking up light and life.
- Listen to the near and distant sounds of the forest.
- Open your eyes and see all the life around you.

Why It Matters

This practice isn't just calming – it's a reminder that you belong to nature, and nature belongs to you.

**Reflect and Connect**

Find a quiet place to sit and think, and ask yourself:

What qualities do trees express that you admire?

How does the forest inspire you?

Write or draw your thoughts. Share them if you like, or simply hold them in your heart.

**Challenge**

Try forest bathing once this week.
No rush. Just be.

#NatureNeedsHeroes

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