

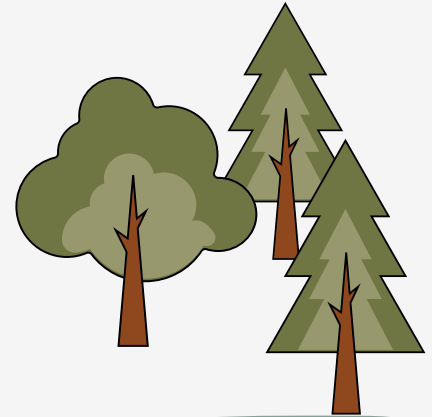


FOREST IMMERSION FOR KIDS



PREPARATION

- Research a suitable area - consider safety, accessibility, activities, weather
- Pack water, snacks, first-aid kit, sit-upons, tarps, hand sanitizer
- Duration: 30 mins - 1 hour

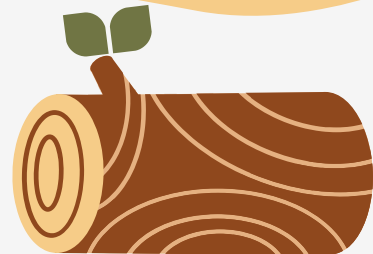


SEQUENCE

- Greeting and Orientation
- Nature Sensing
- Slow Stroll
- Nature Connection
- Reflection and Sharing

GREETING & ORIENTATION

- Introduction: land acknowledgment, share names, history of place and forest bathing
- Emphasize respect, silence devices, address concerns
- Indicate restrooms, watering stations



FOREST BATHING

Shinrin-yoku (forest bathing) started in Japan to help people who felt stressed to feel better and connect with nature. It's a slow and mindful experience to help you feel refreshed

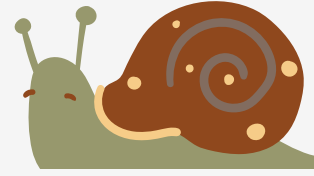
NATURE SENSING

- Notice surroundings - up, down, left, right
- Sit comfortably. Close eyes or soften gaze
- Focus on natural breath. In. Out.
- Feel, listen, smell, and taste the area
- Open eyes and take in colours
- Gather in a circle and share



SLOW STROLL

- Lead the group
- Walk slowly, noticing motion
- Set boundaries and have a "sweeper" to not lose anyone
- Optional: embody an animal



NATURE CONNECTION

- Search for safe plants to make tea or eat, learning about their uses and how to harvest them responsibly.
- Find a cozy spot in the forest and express your feelings and observations through drawing, writing, or other creative outlets.



TIPS FOR SUCCESS

- Be patient and flexible. Even 5 mins is OK
- Encourage curiosity
- Create a safe and inclusive environment
- Provide age-appropriate activities
- Model mindful behavior
- Visit forestspaces.com for more!

NATURE CONNECTION

- Relax on the ground and observe the sky, tree canopy, and clouds, discovering interesting shapes and colors
- Use natural materials found in the forest to create something alone or with a partner



REFLECTION & SHARING

- Gather in a group
- Share thoughts, connections, and discoveries
- Offer gratitude, serve drinks/snacks
- Guide participants back

