

## Exercise | Unwind in the outdoor area / make time for a forest bath

PLAY  
PLACE



### Situation

Regardless of the time of year, no matter where you are in the world, you can make time to become more aware of what is happening in your immediate environment. Try to use all your senses and look for details. If you do this exercise at different times throughout the year, you will find that following the seasons is the way you see our world change.

This exercise can help you slow down from the hustle and bustle of each day. You can look for a quiet place around the school environment, an inspiring place in the city or a park,....

This exercise makes you reflect on who you are as a person, which values and norms you find important in life where making time is central.

You can do this exercise with children but also completely on your own as an adult, as a parent,... You can just do the exercise on its own, a piece of the exercise or as a basis to then enter into a dialogue with each other about your experiences and thoughts.

Below she is further made concrete in a forest by making time for a forest bath

### Background | Action

Wabi sabi is a wonderful concept from Japanese culture that helps us see the beauty in imperfection and appreciate simplicity. Wabi -sabi is a Japanese beauty that helps remind us that everything is impermanent, imperfect and imperfect. That's why spending time outdoors can be such a powerful and rich experience. It reminds us that we ourselves are part of the bigger picture. Wabi sabi holds up a mirror to us of how much beauty we have in life... and in that mirror we make time to see a glimpse of ourselves as teachers, parents,.... Nature and the outdoor space welcomes you exactly as you are.

(source: from wabi sabi, Beth Kempton, 2019)

### Let's get started

Look for a nice place for you in nature / outdoor space for example a forest

Walk slowly, halve your pace. Then halve your pace again.

Be present, turn off your mobile phone and put it in your pocket.

Use all your senses to explore your surroundings. Notice how it feels to be here. What do you feel with your feet touching the ground, how does the air smell? How do the trees rustle, what play of light and shadow can you perceive? Take a look up, down and all around you.

Place both your hands behind your ears to pick up even more sounds from the forest. What do you hear in the distance? What do you hear nearby? Where exactly does the sound come from? Is it low to the ground or high above you? Is it near or rather far away?

Touch things nearby. Notice how different bark, branches and leaves feel.

Notice in which stage of life the different objects are. What comes up? What is growing? What withers?

Breathe deeply. What do you smell?

Look at the sky. Look for movement. Count the colors. How many shades do you see? What changes can you see? Stand still long enough to see changes.

Take off your shoes and feel the ground beneath your feet, or stick your toe in a stream, pee,....

Take a gift from the forest that has fallen to the ground and study it up close. What do you see?

Spend some time in silence, sit with your back against a tree or find a nice spot. Look for a nice name for this place. Make up a story about it. Come back on another day, in another season, and notice what has changed..

### **Questions | Initiate dialogue**

While you are in nature / outdoor space you can ask yourself the following questions or then enter into a dialogue with different people about this

- How do you feel?
- What secrets might you want to share with the flowing river or the wise, old tree?
- What wishes do you want to sprinkle through the forest like fallen leaves so that they are carried away by the wind to a place you do not know?
- What promise do you make to yourself, on this day, in this place?

### **Transfer | other applications**

You can do this exercise completely on your own as an adult to stand still. You can also translate this exercise into a sensory activity with young children. This exercise also invites you to look for the opposite and look for a busy place in the step. What is the experience like there for you? Then enter into a dialogue about this.