



Sensory wake up

There's no better way to wake up all of the senses than diving into the Japanese practice of *Shinrin Yoku*, or forest bathing. Use the following "invitations" with learners to help them settle into their senses.

Nature Scratch & Sniff

Find a spot in nature where you can easily access trees, shrubs, and other living things. Encourage learners to remove their mittens and, using their fingernails, hold an object from nature and put a small dent in it. This could be pine needles, a cone, bark, anything that is part of the natural world.

How does the smell make them feel? What does it remind them of?

Concentric Circle Exercises

Ask students to spread out so that they are in their own special spot without nearby distractions. Ask them to sit or stand very still while they perform the following exercises:

- Use all five senses to tune in to your own body. What do you feel?
- Then, move your senses out to your immediate surroundings.
- Then, move your senses out a little further to 15 feet around you.
- Then, move your senses out again and again as far as you can see and hear.

Reverse Senses

After you take in the sights, sounds, smells, taste, and touch of your immediate environment, reverse your focus and try to imagine what it feels like for the forest or world around you to see, smell, hear, taste, and touch you.

For example, learners may reach out and touch a tree and feel its solidity, temperature, and texture against their palm. Ask learners to then think about how their warm, smooth hand feels against the tree.

Or think about how the birds you hear experience the sounds you make. Imagine how your own warm body heats up the air around you?



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