



Instructions:

Pick up a card and read it.

Take your time to think about what the card says.

Spend about 10-15 minutes on one task.



Sight:

What different colours do you see in nature?  
How do the colours change in different seasons?



Hearing:

Close your eyes and listen.

How many different sounds can you hear?

Where are the sounds coming from?



Smell:  
Smell the forest air.  
What do the leaves, plants, moss smell like?



Taste:

What food grows in the forest?

Can you find something nearby?

Remember to never taste unknown  
plants in the wild!



Touch:

Touch different surfaces - wood bark, stone,  
soil, pine cone, moss... What feels soft,  
what feels hard or sharp?



Calming down:  
Find a quiet place. You can close your eyes.  
Take a deep breath in and out.  
Listen to the sounds around you,  
feel the peace of the forest.  
Let go of your worries.



Observation:  
Look near and far.  
What does the landscape look like?  
What do you see close to you?  
Look at different perspectives!



Balance:

Find a suitable sized stone, stump or fallen tree  
that you can stand on. Step on it.

Lift one foot in the air and lift your arms to your sides.  
Try the same with the other foot.



Species identification:

Observe your surroundings.

What different plants or animals do you see?

Can you name five different species?



Let your thoughts soar:  
Admire the clouds in the sky.  
Follow the wind and the movement of the clouds.  
Let your imagination fly and your eyes wander freely.