

Model 1: A relaxing forest walk and strengthening the connection with nature

For: People of all ages, especially those in need of stress relief and well-being

Objectives:

- ✓ To offer participants the opportunity to relax in nature
- ✓ To support mental well-being and a sense of community
- ✓ Encourage a deeper relationship with nature

Programme (2-3 hrs):

1. 🌿 **Arrival and start:** short greeting, briefing and introduction of the route
2. 🚶 **Slow nature walk:** using the senses to observe nature: looking at the landscape, listening to sounds, smelling scents. Focus on nature instead of other thoughts.
3. 🧘 **Nature retreat:** guided breathing exercise, relaxation moment or Forest Mind exercise.
4. 🍎 **Picnic break:** sit down to eat a picnic together. Have a chat about the meaning of nature and your own experiences
5. 🎨 **Creativity time:** drawing, writing or exploring natural materials. For example, you can collect materials from nature and make a collective artwork on the ground.
6. 🙌 **Conclusion and feedback**

What is needed:

- Something to sit on (not compulsory).
- Light refreshments, snacks, drinks.
- Equipment for creativity task, such as pens and paper
- Instructor's directions for relaxation exercises

Tips for success:

- ☀️ Choose an easily accessible location.
- ☀️ Encourage participants to leave their phones in their pockets and focus on nature.
- ☀️ Opportunity to do the exercises in plain language or in several languages.

Model 2: Nature adventure and exercise for all ages

For: Families with children, young people, anyone interested in active

Objectives:

- ✓ To promote the joy of physical activity and a sense of community
- ✓ To introduce people of different ages to the natural environment.
- ✓ To bring elements of adventure and fun into nature

Programme (2-3 h):

1. 🖐️ **Start and warm-up:** light exercise game, safety instructions
2. 🔍 **Nature bingo:** groups search for the things mentioned in the bingo
3. 🚲 **Exercise:** Move, play games, run or bike together
4. 🔥 **Picnic break (at a campfire, if possible):** eating together and talking
5. 🖐️ **Closing and feedback session**

Equipment needed:

- Nature bingo printouts, pens (you can find bingos online, e.g. www.mappa.fi/materiaalit)
- Exercise equipment: e.g. frisbee, football, Mølky game
- Snacks, water bottles
- Matches for a campfire (note that a campfire only in a permitted fireplace!)

Tips for success:

- ☀️ Adapt the activities to the fitness level of the participants
- ☀️ Take care of safety and participate in the search for bingo items
- ☀️ Combine exercise and play – also for adults!

Model 3: Natural resource collection (foraging) and environmental awareness

For: People interested in natural products and sustainable everyday life

Objectives:

- ✓ To learn how to use natural resources in a sustainable way
- ✓ Increase environmental awareness and strengthen community spirit
- ✓ To learn about Finnish nature and the rights of everyone

Programme (2-4 h):

1. 🌱 **Welcome and introduction:** everyone's rights, responsible use of nature, safety
2. 🍄 **Collecting natural resources:**
Spring/early summer: wild herbs and edible plants
Late summer/autumn: berries and mushrooms
3. 📖 **Share a recipe with participants using the natural product you have collected**

OR 🍳 **Cook together:** gather ingredients and prepare a simple meal or dessert. (If necessary, book your kitchen space in advance! For example, there is a kitchen in the Oodi main library in Helsinki)

4. 🌿 **Discussion and learning:** what new things did we learn about nature? Would you collect food from nature in your everyday life?
5. 🙌 **Decision and feedback**

What is needed:

- Containers for collecting
- Guide books on edible plants and mushrooms
- **A person in charge who knows the plants/mushrooms well**

Tips for success:

- ☀️ Use an expert to teach plant/mushroom identification
- ☀️ Make sure participants know the rules of collecting: collect plants/mushrooms that you can identify with certainty! An expert checks everyone's collections at the end
- ☀️ Use a wide range of recipes: search online or adapt your own recipes

Model 4: Senses open in nature

Objective: Encourage people of all ages to explore nature in a multi-sensory way and learn together about the benefits of nature.

For: Everyone, all ages

Duration: 1-2 hours

Place: local park, forest or nature trail

Programme:

1. **Welcome & introduction** (15 min)
 - Brief introduction to the benefits of nature for well-being.
 - Safety instructions and division of the group into small groups.
2. **Sensing nature** (45-60 min)
 - **Vision:** observe your surroundings (look for different colours, animals, plants). You can use a magnifying glass to see small things in more detail.
 - **Hearing:** close your eyes and listen to the sounds of nature - what do you hear? Which sounds are animal sounds, which are human sounds?
 - **Feel:** Touch surfaces (tree bark, moss, leaves).
 - **Smell:** Take a deep breath and smell the fresh air. Smell plants, flowers, conifers and other natural scents.
 - **Taste:** if possible, explore safe natural foods (e.g. herbs, berries).
3. **Relax together** (15 min)
 - Light stretching or forest yoga.
 - Short mental exercise or quiet time in nature.
 - (For example: choose a tree from your neighbourhood. Place things you are grateful for today on the branches of the tree in your mind. Admire your tree of gratitude in peace, you can also tell a friend what makes you most happy.)
4. **Final discussion and feedback**
 - How did it feel to be in nature? Did you learn anything new?
 - A chance to share your experiences and take photos to remember

What is needed:

- Magnifying glasses (not required)
- Soft surfaces for sitting or stretching
- Snacks or tea break (if available)

 **Tip!** This activity works well for all ages and can be adapted to different seasons. For example, in winter you can explore animal tracks and in summer different plants.

 **The most important thing is to be together and enjoy nature**

Model 5: A nature campfire / picnic outing

Goal: Provide a relaxing nature getaway with fellowship, food and nature.

For: Families, groups of friends, groups, seniors - suitable for all ages, depending on how accessible the campfire site is.

Duration: approx. 3 hours

Location: campfire site where making fire is allowed. Check online for official campfire sites in your area.

Programme:

1. **Nature trail & exploration** (30-45 min).
 - Light walk to the campsite, with small tasks along the way:
 - Nature bingo (for example, look for different leaves or animal tracks).
 - Quiet moment - close your eyes and listen to the sounds of nature.
2. **Picnic and campfire** (60-90 min)
 - Lighting a campfire (weather and location permitting - not during a wildfire warning!) - while discussing fire safety, see safety instructions below.
 - Enjoying picnic lunch - everyone can bring their own lunch, make a communal lunch to share, or you can bring snacks for participants such as fruit, biscuits, juice.
 - Food on the campfire:
 - Sausages, veggie sausages, veggies, marshmallows, or anything else suitable
 - Have tea or coffee together.
3. **Relaxation & nature activities** (30-45 min)
 - Short stretching or relaxation exercise in nature.
 - Forest stories: everyone can share a memory of nature or tell a story.
 - A light activity such as hugging trees or exploring nature.
4. **Final discussion & clean-up** (15-20 min)
 - What thoughts did being in nature bring, how did it feel?
 - Keeping the environment tidy - collecting rubbish and putting out the fire carefully.

What is needed?

- Picnic blanket or placemats
- Food and drinks
- Matches or lighter, if lighting a fire is allowed
- Cooking utensils for campfires (sausage sticks, pots, pans, thermoses)
- Trash bag to keep the environment tidy

 **Tip!** The activity is suitable for both warm summer days and winter campfires, where you can bring along warm cocoa and blankets.

🔥 Safety instructions for using a campfire

Check permit and weather conditions

- ✓ Campfires may only be lit in marked sites. You can see ready, official camp fire sites at www.nuotiopaikat.fi
- ✓ Check the wildfire warning (👉 www.ilmatieteenlaitos.fi). If the warning is currently valid, it is forbidden to make a fire.
- ✓ Never build a fire directly on the ground.
- ✓ Always keep water or extinguishing equipment nearby.

Light a fire safely

- ✓ Use dry wood, pieces of bark or kindling. Do not collect wood from the surrounding area, use wood provided at the fire site or bring your own. It is not allowed to remove branches from trees, or to collect fallen trees from the ground.
- ✓ Do not use lighter fluids or other dangerous substances.
- ✓ Light the fire in a controlled manner and avoid large flames.

Beware of sparks and heat

- ✓ Keep the fire small and controlled.
- ✓ Do not throw rubbish or explosive materials (e.g. aerosol cans) on the fire.
- ✓ Keep an appropriate distance from hot fires, especially with children and pets.

Carefully extinguish the fire

- ✓ Pour water on the embers when you no longer need the fire if there are no others at the fire site.
- ✓ Stir the ashes and make sure the charcoal is completely extinguished.
- ✓ Do not leave smoldering coals or hot rocks behind.

Keep the environment tidy

- ✓ Collect all rubbish with you - including leftover food!

🔥 **Remember! If the fire gets out of control, call 112 immediately.**