

Sensory Awakening



Smell

Breathe deeply. Describe detected scents and write them down.



Touch

Explore textures - bark, leaves, soil. Write or draw how they feel.



Sound

Close your eyes and listen. Identify and note different sounds or draw symbols for each.



Sight

Sit quietly and observe shades of green. Spot wildlife. Sketch or describe what you see.

Creative Expression



Nature Art

Create art with natural materials (leaves, twigs, stones). Snap a photo or draw it.



Poetry in Nature

Write a poem inspired by your surroundings using vivid language.

Reflection and Gratitude



Gratitude List

Write five things you're thankful for and reflect on nature's role in your well-being.



Nature Scavenger Hunt

Find items like a feather, smooth stone, or flower. Check them off as you go.

Forest bathing worksheet →

Forest bathing worksheet

Want to make your forest walk more interactive? Try practices popular in forest bathing. We have gathered examples of simple tasks to help you switch off, engage your senses and boost creativity. Feel free to (responsibly!) use natural resources and don't forget the original natural material - paper (remember to bring the worksheet with you).

Sensory Awakening

Sight: Find a spot to sit quietly. Observe the different shades of green around you. Can you spot any wildlife? Sketch or describe what you see.

Sound: Close your eyes and listen. How many different sounds can you identify? Write them down or draw symbols representing each sound.

Smell: Take a deep breath. What scents can you detect? Try to describe them and write it down.

Touch: Feel the textures around you. Touch the bark of a tree, the leaves, the soil. How do they feel? Write a few words or draw what you feel.

Creative Expression

Nature Art: Use natural materials (leaves, twigs, stones) to create a piece of art. Take a photo or draw your creation.

Poetry in Nature: Write a short poem inspired by your surroundings. Use descriptive language to capture the essence of the forest.

Reflection and Gratitude

Gratitude List: List five things you are grateful for in this moment. Reflect on how nature contributes to your well-being. Write it down.

Nature Scavenger Hunt: Create a list of items to find (e.g., a feather, a smooth stone, a flower). Check off each item as you find it.
