



Muddy Education

# FOREST BATHING

Relax under the trees...

Sit or lay on the ground in a quiet spot. Try to use your senses to take in all the sounds and sights of nature.

## LOOK:

- Birds
- Nests
- Squirrels
- Squirrel drey
- New leaves
- Blossom




Picture credit: [gypsynesters.com](http://gypsynesters.com)



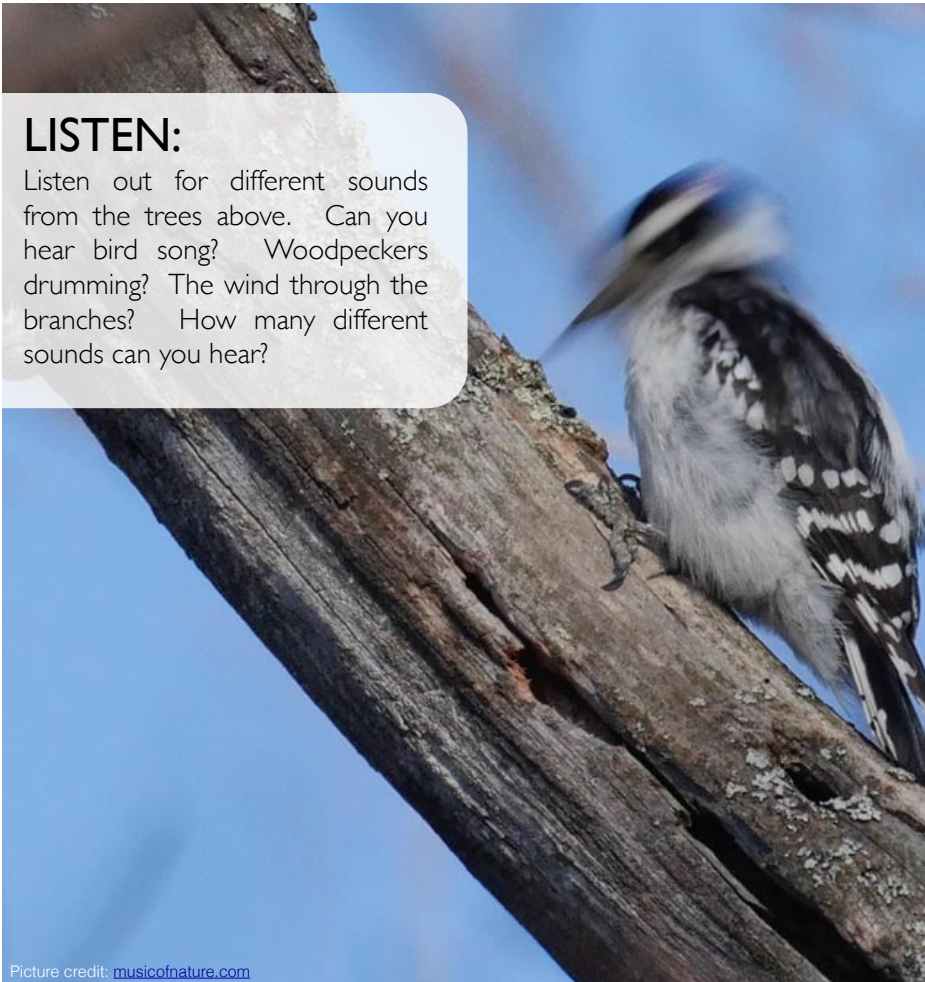
## FOREST BATHING:

Forest bathing, lying quietly on the ground in a forest, is a wonderful way to relax and take some time out in nature.

In the spring there is so much more to see as the leaves aren't fully grown on the trees yet. It means we get a sneaky peek into the hidden world of the tree tops that we wouldn't have during the summer 

## LISTEN:

Listen out for different sounds from the trees above. Can you hear bird song? Woodpeckers drumming? The wind through the branches? How many different sounds can you hear?



Picture credit: [musicofnature.com](http://musicofnature.com)



## FEEL:

CAN YOU FEEL THE SUN ON YOUR SKIN?

FEEL THE BREEZE?

HOW DOES THE EARTH FEEL BENEATH YOUR BODY?

CAN YOU FEEL THE BARK OF A TREE WITH YOUR HANDS?

CLOSE YOUR EYES AND FEEL YOUR BREATH. CAN YOU FOCUS ON YOUR BREATHING AS YOU REST UNDER THE TREES?