

# OUTDOORS



## Purpose:

- Gentle exercise and relaxation.
- To commune with nature and get more in touch with our connection to the earth.
- To increase our powers of observation and sensory awareness (touch, smell, sight, hearing).

## Requirements:

- Preferably a pleasant place that is close to your venue, eg. park, beach, riverbank or similar, within easy walking distance.
- Preferably fine weather

## Format:

- Explain to the children that we are going for a 20 - 30 minute walk.
- Ask them to take notice of the surroundings; what they can see, hear, feel, smell.
- Encourage them to pick things up (safe items) and look at them if they feel drawn to them. At some stage they will find an object that feels meaningful or powerful to them. It could be anything small from nature, eg. a rock, leaf, feather, seashell, or pine cone.
- At an appropriate spot (or once you return to your venue) ask the children to gather around and sit quietly for a moment, holding onto the object that they collected.
- Invite them to share with the group what meaning or significance the object has for them.
- They may like to take the object home and put it in a special place where they can see and acknowledge it each day.

