

Forest Bathing (No Forest Required)



Curriculum Links

Scotland

I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships.

available
HWB-06

UK

simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests

Key Concept

To engage children in a sensory exploration walk, focusing on their senses, thoughts, and feelings.

4 QUALITY EDUCATION



3 GOOD HEALTH AND WELL-BEING



Background

Embark on a captivating journey of discovery as we venture into the great outdoors for a sensory exploration walk! In this immersive experience, children will awaken their senses and delve into the wonders of their surroundings, guided by curiosity and wonder. Through silent observation and mindful exploration, they will tune into the sights, sounds, smells, and textures of nature, gaining a deeper appreciation for the world around them. Join us as we embark on a sensory adventure like no other, where every step is a revelation and every moment is filled with discovery!

Resources

None

Wider Skills

- - Observation and mindfulness
- - Sensory awareness and exploration
- - Communication and reflection
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Lesson

1. Introduction (5 minutes):

- Explain to the children that you will be going on a special walk where they will use their senses to explore the world around them.
- Encourage them to remain silent during the walk to help them focus on their senses.

2. Sensory Walk (15 minutes):

- Take the children on a walk around a designated outdoor area, such as a nearby park or playground.
- Allow the children to wander aimlessly, observing their surroundings and using their senses to explore.
- Encourage them to pay attention to what they can smell, hear, see, and feel. Let them touch different objects and surfaces to explore their textures.

3. Group Discussion (10 minutes):

- After the walk, gather the children together to discuss their experiences.
- Encourage them to share what they noticed during the walk, including any interesting smells, sounds, or textures they encountered.
- Prompt them to reflect on how their thoughts and feelings may have changed throughout the walk and whether they noticed any patterns or constants.

****Assessment:****

- Observation: Monitor children's engagement and participation during the sensory walk, noting their observations and interactions with their environment.
- Group Discussion: Assess children's ability to articulate their experiences and reflect on their sensory observations during the group discussion.

Older Classes

To adapt this lesson for older students, encourage deeper reflection and analysis during the group discussion. Pose thought-provoking questions that challenge them to consider the significance of their sensory experiences and how they relate to broader themes or concepts. Additionally, incorporate opportunities for students to document their observations using journals or digital tools, allowing for more structured reflection and analysis of their sensory exploration. Encourage them to share their insights and interpretations with their peers, fostering meaningful discussions and collaborative learning experiences.

Younger Classes

For younger children, simplify the language and concepts used in the lesson. Provide more guidance and support during the sensory walk, actively pointing out different sensory experiences and encouraging children to engage with their surroundings. Incorporate interactive elements such as songs, rhymes, or sensory props to enhance their exploration and keep them engaged. Keep the group discussion short and focus on simple prompts to encourage children to share their observations in a relaxed and supportive environment.