



Forest Bathing



The Task

This Japanese practice is a process of relaxation; known in Japan as *shinrin yoku*. The simple method of being calm and quiet amongst the trees, observing nature around you whilst breathing deeply can help both adults and children de-stress and boost health and wellbeing in a natural way.

How?

- Find a suitable area ideally away from distractions and noises.
- Turn off your devices to give yourself the best chance of relaxing, being mindful and enjoying a sensory forest based experience.
- Take long breaths deep into the abdomen. Extending the exhalation of air to twice the length of the inhalation sends a message to the body that it can relax.
- Stop, stand or sit, be observant, look at nature's small details.
- Sit quietly using mindful observation; try to avoid thinking about your to-do list or issues related to daily life.
- Keep your eyes open. The colours of nature are soothing and studies have shown that people relax best while seeing greens and blues.

Considerations

- What can you hear, see, smell or feel?
- Do you notice anything that you haven't before?
- Try to stay for a chosen period of time, for example 3 minutes.
- What other areas or times could you do this when you need to relax and reflect?

What will you need?

A quiet space that you are safe & comfortable.
A watch or timer may be useful.
Appropriate clothes to allow you to remain warm and relaxed.





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Organisation & Layout

- Choose an open space, this can be an urban setting too.
- Everyone is visible but spread out to avoid distraction.
- Give specific time limits and make that clear to the group to avoid restlessness.

Learning Objectives

- The ability to relax and encourage calmness.
- Time to personally reflect and review.
- Observation of surroundings and their purpose.
- Appreciation for nature and natural surroundings.
- The ability to create a safe, personal space.

Safety Information

- Choosing a suitable location, with prior check for sharps if deemed necessary.
- Keep everyone in sight, at all times.
- Keep instructions clear and specific.
- Highlight the importance of respect for silence!
- Ensure thorough hand washing afterwards.

Review & Assessment

- Allow participants to discuss their findings.
- Ask leading questions to assist in the understanding of the activity.
- How do you feel, what did you hear, what did you think about...
- Discuss other locations that this could be done, bedroom window, back garden, local park etc...
- Summarise with positives and highlighting importance of personal wellbeing and happiness.



Additional Links & Support

[Blairvadach Forest Bathing - YouTube](#)

[Forestry England Guide to forest bathing - Website](#)