



Forestry England



Forest Bathing

without a forest

Forest bathing is a great way to spend time outside with nature and to de-stress. Taking time to encourage children to use mindfulness is beneficial for their health and wellbeing. But how do we achieve this without access to a forest?

Take your time: sit or lie down on the ground for a few moments.

- Take 3 deep breaths, you may even wish to close your eyes.
- Continue to breathe slowly trying to make the out breath a little bit longer than the in breath.

Find your favourite place:

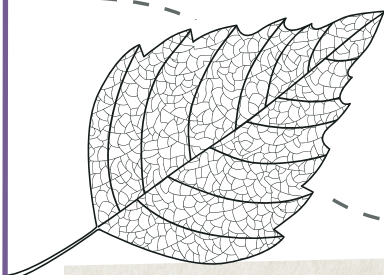
Find a quiet spot that makes you feel safe and relaxes you - this might be outside or inside, open a window if you can. Switch off mobile phones, tablets and TVs and enjoy disconnecting from technology!



forestryengland.uk



Forestry England



Use your senses

Just like animals in the forest do - be curious - and if your mind wanders off to other things, that's ok, just gently bring your focus back to your surroundings.

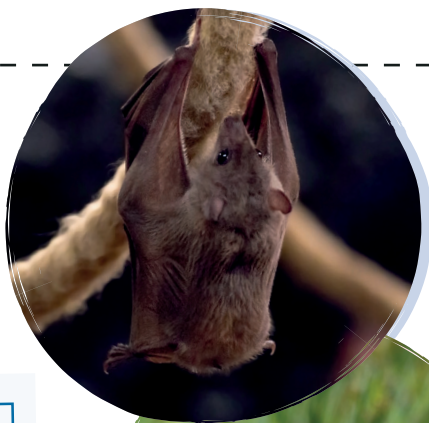
Bats

Bats are nocturnal, they are awake at night when it's dark, and they have fantastic hearing.

Close your eyes -
how many sounds
can you hear?



Where are the sounds
coming from?



Rabbits

Rabbits have a fantastic sense of smell which helps them be aware of what's around them.

Can you sniff like
a rabbit?

What do you smell?



Take yourself on a magical forest adventure

Let your mind wander through the forest of your imagination. What colours can you see? What animals live in your imaginary forest? What sounds echo through the trees?

When you are ready, take 3 slow breaths and open your eyes.

Share

After a while, share your experiences and how you are feeling with those around you.

forestryengland.uk

