



Nature Bathing

Spending time in nature can help us feel calm and relaxed.
Visit the beach, a park or a forest.

If it is safe to do so, take off your shoes and walk barefoot.
Feel the earth between your toes.

Take a moment to think about all those who have walked this land
before you and will after you.

1 Use your eyes...

Notice everything around you.
Shapes, colours, sizes. What
catches your attention?

2 Use your ears...

Close your eyes, listen. What
can you hear? Are the sounds
near or far? Loud or quite?

3 Use your nose...

Close your eyes. What can you
smell? Is there a strong smell or
light? Is it Pleasant or not?

4 Use your hands...

Place your hands on the ground
or a tree trunk. What does it feel
like? Is it rough or smooth?

Congratulations you have completed your mindful walk!

Notice how you feel inside.
Can you think of one word to describe how you feel?
Take a moment of gratitude for being in nature.