



Easily integrated, tactile exercise with stones to reconnect with nature.



Learning experience



Topic

Nature connectedness & environmental engagement



Time in min  
15 minutes +  
reflection time



Participants

- Have a higher nature awareness and connectedness
- Are able to "feel" nature and especially in case of climbers, improve their tactile sense to read the rock with their hands
- In case of climbing: climbers know about the impact of dirty shoes on the rock and are able to minimise their impact by only climbing with clean shoes



Suitable for  
outdoor sport instructors  
(and course participants)



Practical sessions



Outdoor F2F  
Indoor F2F



Materials needed

- Stones but those can (normally) be found in place

More activities under [see-project.eu](https://see-project.eu)



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## Activity instruction

Every participant is asked to select (or find) a stone and to look at it carefully, to remember how the stone feels, what special features it has, etc. When everybody has gotten to know his / her stone the leader collects all stones and the participants sit down in a circle. They close their eyes while the instructor gives one stone after the other to one of those sitting in the circle. With eyes closed, everybody feels the stone and passes it on except when he / she has recognized it as his / her own.

The game continues until everybody finds his / her stone.

## Reflection and discussion

A reflection phase can be used to talk about our tactile sense, different material (granite, limestone), geology but also on the possible impact we can have on stones (or rock faces) e.g. when we go rock climbing with dirty shoes.

For climbing courses, you should also talk about the ways of minimising impact on the rock (especially limestone is getting polished very fast)

- using a rope bag to take off, not running around in climbing shoes etc.
- responsible use of chalk etc.

If you are doing this exercise with climbers, the activity will also help sharpen their tactile sense and help them to "read the rock" with their hands.

## Potential variations:

- If you are unsure if participants are successful in finding the right stone, you can also mark the stones with a pen



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- If you are indoors, the instructor can also bring a little bag of stones to the classroom.
- For very small groups (under 5) you can also add additional stones or give every participant a selection of stones to select from.
- Of course, you can do the same activity with other materials like branches, leaves etc.



#### Key words

#nature awareness  
#tactile sense  
#climbing



#### Source

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