



Exercise to reflect on the experiences of a trip (day, course,...)  
and share emotions and special moments with the group  
that help to deepen the nature connection.



Learning experience



Topic

Nature connectedness and  
environmental engagement



15 min



Participants

- have a deeper nature connectedness
- are able to reflect and value their experiences in nature



Suitable for  
outdoor sport instructors  
(and course participants)



Practical sessions



Outdoor F2F  
Indoor F2F  
(Digital)



Exercise to reflect on the experiences of a trip (day, course,...) and share emotions and special moments with the group that help to deepen the nature connection.

## Activity instruction

At the end of a trip /day /course the educator / instructor explains:

I would like us to remember the special moments of this day together. The funny, impressive or amazing ones. The ones that made you happy or perhaps made you think. Something you take home with you. I invite each of you to show us, without words, through gestures and movements, what was one such moment you experienced today. I'll start and then we'll take it one by one. If some of them are not clear we can ask a question to see what it is really about. The educator starts by giving an example. Then the participants take turns showing their moment. It is an exercise of sharing and final connection.

### Potential variations:

- Instead of using gestures and pantomime, you can also ask participants to simply explain about their special moments in words.
- The sharing of special moments can also be done online after the course. Instead of pantomime, participants could show a little video that highlights their special moments and what they have taken home from the course.



Key words

#sharing experiences/  
emotions  
#nature connectedness  
#reflection



Source

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