

1 MINUTE OF SILENCE



Close your eyes and feel nature



Learning experience



Topic

Nature connectedness and
environmental engagement



1 minute
+ reflection



Participants

- Have a higher awareness and connectedness to nature
- Understand the effect of calming down in nature



Suitable for
outdoor sport instructors
and course participants



Practical sessions



Outdoor F2F



Materials needed

No

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Preparation

Take your group to a nice natural setting, preferably somewhere that is quiet (for example a forest, natural reserve, quiet park)

Activity instruction

This activity is great during any outdoor course, where trainers would like to take a moment of pause and reflection. The trainer or guide asks the participants to find a place to sit or lie down, to close their eyes, focus on slowing down their breath (inhale and exhale through the nose), calming the mind by listening and focusing on what they hear around themselves. By taking away the visual sense, we can focus on the sounds of nature, the smell of the air, the wind or sun on our skin etc.

Reflection and discussion

In a short reflection you can ask participants to share some impressions or what they felt or heard. Or simply let them enjoy the moment of pause and the experience of taking in the nature around them.

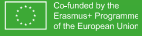


Potential variations

If you want to focus more on the sounds around you, you can give the participants the task to count the different sounds they are hearing. Let them lift their hands in the air to count the sounds with their fingers. Afterwards you can bring the different sounds together and see who has heard the most.

If you practise more than one minute of silence during one day / course you can also use the activity to focus on the different sounds in relation to the changing environment, e.g. you start in a more urban setting and repeat the activity in a more natural place.

You can also ask participants to focus more on internal feelings and to listen to their heart. It can be longer and combined with a relaxation session.



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Key words

#nature awareness
#nature connectedness



Source

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