



Create Your Own Woods Time

- ❖ **Gather:** a notebook and a pen or pencil.
- ❖ **If it's safe for you to do so, go outside.** Look for an area where you will be surrounded by nature and can be at least six feet away from other people. Your own back yard might be perfect.
- ❖ **Find** a relaxing spot to sit down- it may be under a favorite tree, a place with a great view, or near plants whose scents you like.
- ❖ **Relax-**
 - Shut your eyes. Take six deep breaths. Breathe in the smells of nature. Let them fill your lungs. Breathe out any stress you may be feeling. Let the stress float away in the air as you breath more deeply.
 - Slowly open your eyes.
 - What colors do you see? Do you see any birds, insects or other wildlife? What is each animal doing? -
 - What do you hear? Is there a rhythm to the sounds? Listen for five full breaths. Is the rhythm changing?
 - What do you smell? Bring your nose close to the ground. How does the things you are smelling change?
 - Find something from nature that's safe to touch. Slowly run your fingers along it. What textures do you feel? Lean against the tallest tree you can find and look up into its limbs. Let your gaze soften as you study the pattern of the branches and how the sunlight affects what you see. Can you feel the wind on your skin? What scents does it carry?
- ❖ **Use** your notebook to record the things in nature that appeal to you. You can make notes of your experience, take a leaf rubbing, or record details of the plants or animals around you.
- ❖ **Make** a mental note of your favorite part of what you've just experienced. If you feel stressed later in the day, bring that image back to your mind.