A WALK IN THE WOODS
**ACTIVITY:**

- One person will ask everyone to close their eyes, put their heads down, and then say: *Take a few deep breaths to calm and clear your mind. Visualize in detail what I am about to describe.*

- Read the following guided visualization slowly and intentionally: *Imagine that you are walking through a lush forest, full of wildlife. Feel the warmth of the sun shining through the tree branches. Listen carefully to all the sounds around you. Focus on the tweeting birds: Do you hear the sparrows chirping? The hawks cawing? What else can you hear? Listen closely.*

  (Long pause) **Notice the buzzing insects.** You can also hear the bustling of other animals. A squirrel is scampering up a tree. A chipmunk foraging in the brush. You hear the leaves rustle at your feet. (Long pause) **Now you are noticing the smells.** Take a deep breath in through your nose, and exhale slowly through your mouth, experiencing the aroma from the trees and plants that surround you. The flowers are vibrant with bright colors and sweet scents. The soil is rich and moist. (Long pause) **Take your time as you walk, following the twists and turns along the path.** Be in the present moment and enjoy the natural world. Embrace all the beauty within this wooded forest.

- Continue by saying: *Open your eyes and slowly raise your head.*

- Ask these follow-up questions: **How do you feel?** **How would you describe your “walk through the woods”?** **How would you feel if there were no more forests to visit?** Why?

**OPTIONAL:** Extend the activity by giving everyone an opportunity to draw an image that represents their feelings about the walk or what they visualized.

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**SEL COMPETENCY**

Self-Management, Responsible Decision-Making

**PURPOSE**

To foster reverence for the natural world

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Reflection: What do you think was the purpose of this guided visualization? What else might you hear, see, or smell in a “walk in the woods”? How can we work together to protect the woods?