Natures Song

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N° of pax 2+

bodywork | art expression

outdoors

90 mins

PURPOSE

DEVELOP SENSORY AWARENESS

- deepens connection with Nature
- balances the nervous system
- expands on personal resources

MATERIALS

- blindfold
- outdoor clothes
- (optional) A4/A3 paper & colours (crayons)

PREPARATION

The facilitator should assess the safety of the environment and if the landscape is appropriate for a blindfold exercise. The ground should be relatively flat, no sudden drops, holes or steep inclines. The flora / fauna should be safe ie. no poisonous plants or dangerous animals.

INTRO

This activity is a blindfolded sensory walk in nature to deepen the connection with nature.

STEPS

The facilitator invites the participants to form pairs and explains the rules of the sensory walk: • One person will have the eyes closed or with a blindfold and will be experiencing the sensory walk and the other one will be the guide with eyes open. • They will be connected either by a small stick or by the guide's hand. • The sensory walk is done fully in silence. • The guide is responsible for the safety of his/her partner.

1. (30 min) The guide slowly leads the partner on a walk, pausing several times for him/her to interact and to investigate the environment with the 4 senses - Smell, Touch, Taste, Sound - various stimuli in nature like: a leaf, a branch, a tree or a stone. Finally the follower is invited to imagine that Nature is sharing a song through his/her senses.

2. (10 min) After both partners give feedback about how this experience was for them, letting the partner who experienced the walk go first. Think about what was interesting for you and what you noticed about your senses and how you feel now.

3. (30 min) Exchange roles and repeat the activity. As you repeat you may explore totally new elements or revisit some elements or places you have already experienced.

4. (10 min) Exchange feedback again.

5. Follow this with debrief questions either in your duets or as a group.



REFLECTION

- How do you feel after doing this activity?
- If you were to imagine you received a message from the environment what was the message you received?
- How might this exercise or the messages you received support you in developing personal resilience?

COMMENTS

- Option: Partners share the experience verbally after both partners have led.
- Variation 1: the creation of a drawing or a group mural inspired on the sensory walk experience.
- Variation 2: (10min) Both partners make a drawing with eyes closed trying to bring the memory of the sensations they had while being guided onto the page. Open your eyes and share with your partner what you see and how it felt to draw.
- The facilitator should keep an eye on both the time and the participants and bring everyone back into a circle to close.