OUTWARD BOUND ROMANIA

LETTER TO THE NATURE

Outward Bound Romania





PURPOSE

- self expression
- creative thinking

MATERIALS

- a smartphone or camera
- pen and paper or a journal

PREPARATION

No preparation is needed No preparation is needed.

INTRO

A silent walk alone in nature can bring a lot of new ideas and impressions. Nature is a great teacher. By watching plants and animals we can discover a lot of learning opportunities.

LETTER TO THE NATURE

STEPS

• Take a walk around your residence or in a nearby park, forest and pay attention to the natural elements around you: plants, flowers, trees, sky, wind, sunshine, stone, ... The sky can tell you to be optimistic, the clouds are always receding. The little flower can tell you that no matter how fragile you are, you can make your way and find the food you need to bloom. The wind can say that although I am able to rage very heavily, I am also able to calm down.

• What can you learn from the natural elements you see on your walk today?

• What similarities do you discover between you and the selected items?

• Take a photo of some of the items that suggested something special to you today!

• When you get home, take out the photos and write a thank-you note for nature's teachings today.

REFLECTION

NA

COMMENTS

NA