OUTWARD BOUND ROMANIA

SUNSET



Outward Bound Romania

1 hour

N° of pax 6-12
individual | pairs | group

coaching & mental well being

art expression
(photography, creative writing)

Outdoor | nature activity, but can be finished indoor

PURPOSE

- Nature observation
- Self-awareness
- Creative expression

MATERIALS

- A smartphone or camera
- Paper
- Pencil

PREPARATION

This activity starts outdoors in a quiet place, where the sunset can be observed, so the facilitator has to make sure, there is a spot nearby, with an open view to the west and enough space for all participants to sit down at least 12 meters far from each other, in order to not hear, see or disturb each other.

INTRO

The sunset usually brings magical colors. The quiet viewer can observe many fascinating changes and events during this period. The group has to arrive at least 15-20 minutes before sunset to the chosen spot and each individual has to find his/her own place to sit down and quietly observe the event.

SUNSET

STEPS

• **30 minutes** – Each participant sits quietly in his/her spot and observes the events of sunset. Marks the events observed (movements of animals or plants, lights and shadows changing, etc.) and makes a maximum of 5 pictures of the sunset.

• **10 minutes** - The facilitator calls back all the participants and they sit down in a circle indoors. The facilitator asks them to think about one regular day in their life and the stressors which show up usually during a day. The participants have to write down at least 3 stressors each.

• **10 minutes** - Sunset is a moment of slowing down for nature, can be used as a metaphor of letting things go, letting calm down, a practice of coming back to a self centered resting position. The participants are asked to form pairs and discuss the stressors they found and the similarities to the events of the sunset, they observed.

• **10 minutes** – Each participant individually has time to come up with a short and positive sentence that can be used as a mantra in order to overcome stressful moments and achieve a balanced, centered everyday life. This sentence can be written on his/her best sunset photo taken during the solo time.

• **Closing circle** – each participant presents his/her sentence (mantra) and repeats three times in front of the group.

REFLECTION

• How did you feel while saying your sentence (mantra)?
• How was it helpful to discuss your stressors with your partner?

COMMENTS

The word mantra can be broken down into two parts: "man," which means mind, and "tra," which means transport or vehicle. In other words, a mantra is an instrument of the mind, one can set an intention and with the help of words, can help this intention to happen. Like a seed planted with the intention of blossoming into a beautiful perennial, a mantra can be thought of as a seed for energizing an intention.