OUTWARD BOUND ROMANIA

CONNECT WITH NATURE



Outward Bound Romania

N° of pax 2-12
individual | group

direct experience with nature

outdoors

60 mins

creative writing

PURPOSE

- Developing observation skills
- Developing self-knowledge
- Finding similarities in nature

MATERIALS

- A piece of paper or a journal
- Pen
- Magnifying glass

PREPARATION

There are a lot of similarities, patterns that can be found in very different natural elements, like human body parts, trees, animals, flowers, clouds, lightning, etc. Finding these kinds of not very obvious patterns needs a lot of attention, but also a creative mind. A place rich in natural diversity can help the process of finding these patterns.

INTRO

Looking for details, small, repetitive patterns in nature can be a very calming activity and can bring a lot of interesting ideas.

STEPS

1. (15 min) Take a walk around your neighborhood or in a nearby park, forest, and look for small details, repetitive patterns, which attract your attention. Watch them carefully, and try to find similar patterns in your life, on your body. Decide on one specific detail or pattern and take a photo.

2. (30 min) Sit down in a silent and peaceful place and take a look at the taken picture. What comes first to your mind? What do you feel in relation to this detail pattern? How did you find it? What is your relationship to it? What could others think about the same detail or pattern? What kind of memories bring up this detail or pattern (people, events, places)? Write a text about your connection to this nature element.

3. (15 min) Sit together with the other participants in a circle and share your experiences and the text.

REFLECTION

- What was the most difficult moment for you in this process?
- What similarities do you discover between your everyday life and this process of creating the text? Is there something related to resilience?
- What can you learn from it?

COMMENTS

This task can be done alone as well, as a self-development activity.