



The japanese practice of forest bathing is known to reduce stress levels, lower heart rate and blood pressure, boost the immune system and improve overall wellbeing.

SAFETY

Make sure you pack some water for the walk.

Check the weather - don't walk in the forest if it's windy!

Wear clothes with long sleeves and legs to protect from bug bites.

Take a walk to your local woodland. Ten Acres has a re-wilded section from Cartland Road with a path running through.

Stick to the path. If it's a big forest - tell someone where you are going.

Go at quiet times - not peak dog walking or picnic hours.

HOW TO DO IT

Take a deep breath, and immerse yourself in the woodland. Make sure you continue breathing steadily.

Go at a relaxed pace. Listen to your heartbeat, your footsteps, the crackle of leaves.

Stop, close your eyes and listen - can you hear birds? squirrels? bees?

What can you see - do you know what it is called? What plant is this? What insect is that? What does this leaf feel like? What does the breeze feel like?

Today I heard...

Today I saw...

Today I felt...

My favourite part was...

I discovered something new:

Choose 5-10 words to describe your experience:

I will aim to go on another walk...