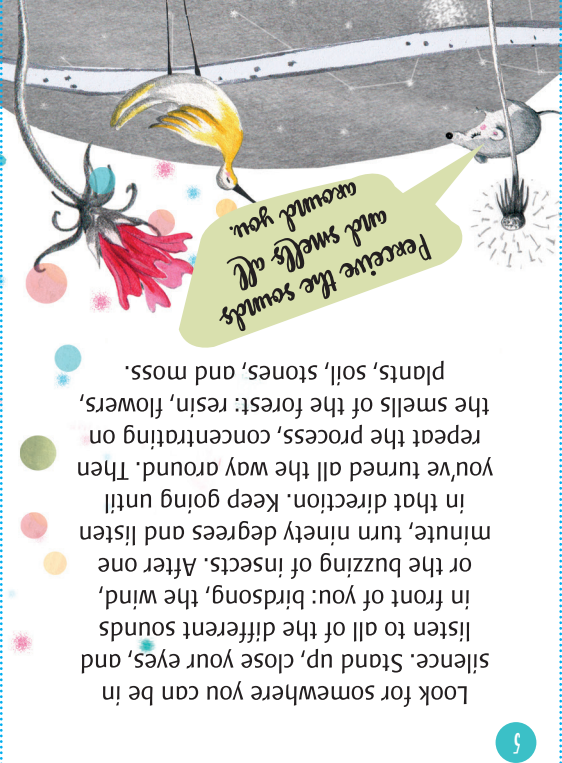


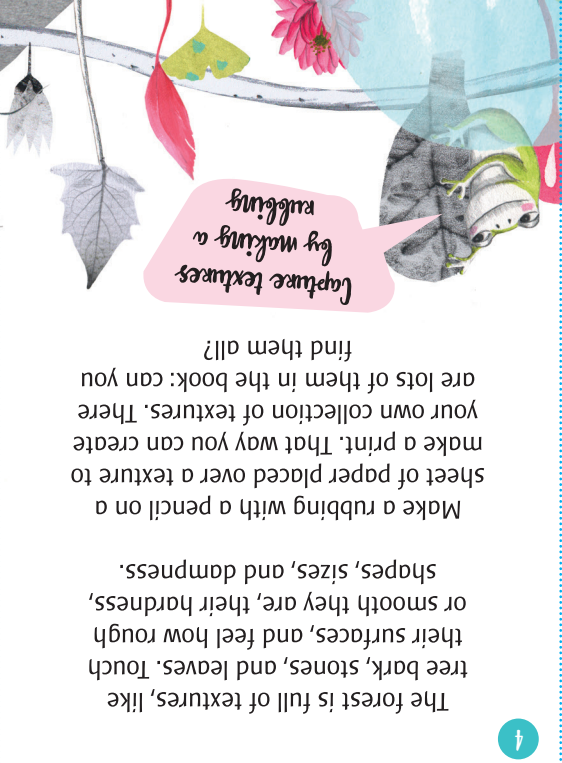


Choose three or four objects you like: such as leaves, sticks, stones, feathers, or flowers. Use these natural materials to create a work of art you'll give to Mother Nature as a gift. Don't worry about the final result: just enjoy the creative process.

Then, undo your masterpiece, and leave everything just as it was. And before you go, don't forget to say goodbye to the forest, until the next time.

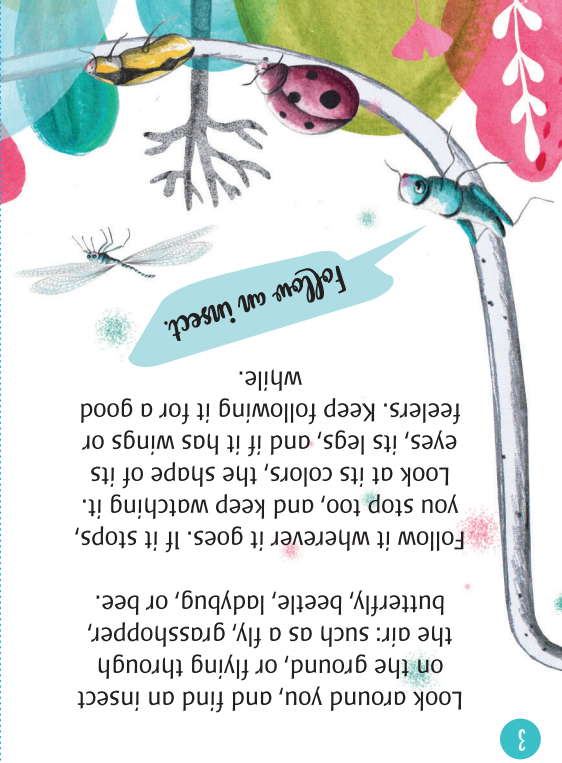


Look for somewhere you can be in silence. Stand up, close your eyes, and listen to all of the different sounds in front of you: birdsong, the wind, or the buzzing of insects. After one minute, turn ninety degrees and listen in that direction. Keep going until you've turned all the way around. Then repeat the process, concentrating on the smells of the forest: resin, flowers, plants, soil, stones, and moss.



The forest is full of textures, like tree bark, stones, and leaves. Touch their surfaces, and feel how rough or smooth they are, their hardness, shapes, sizes, and dampness.

Make a rubbing with a pencil on a sheet of paper placed over a texture to make a print. That way you can create your own collection of textures. There are lots of them in the book: can you find them all?



Look around you, and find an insect on the ground, or flying through the air: such as a fly, grasshopper, butterfly, beetle, ladybug, or bee. Follow it wherever it goes. If it stops, you stop too, and keep watching it. Look at its colors, the shape of its eyes, its legs, and if it has wings or feelers. Keep following it for a good while.

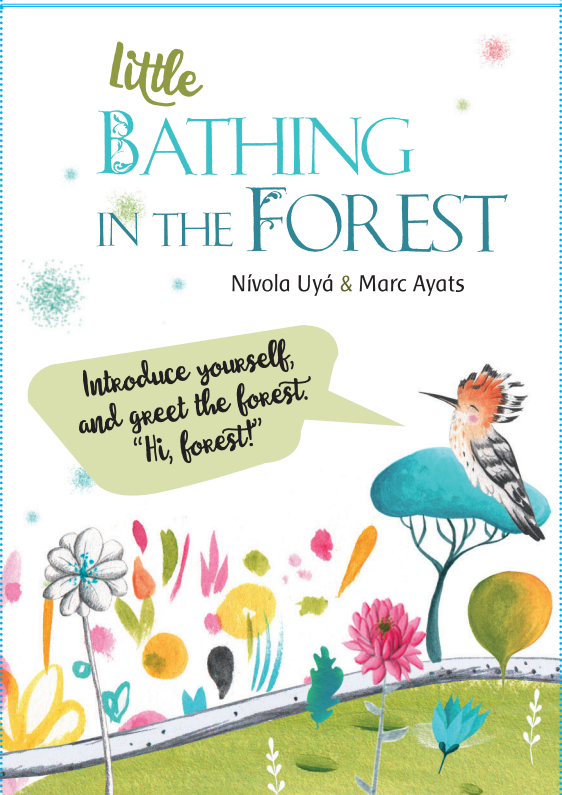


Hi! I'm the little girl of the forest.

I've prepared this little forest bathing session for you, with six steps along the way, and activities to submerge yourself in the world of nature. Mature forests with old trees are ideal, although any woodland—even a leafy park—will.

Choose your forest, turn off your cell phone, tune in your feelings, and relax. If you'd like to know more about me, you can find me in the picture book *Bathing in the Forest*.

www.cuentodeluz.com/bathingintheforest



Little BATHING IN THE FOREST

Nívola Uyá & Marc Ayats

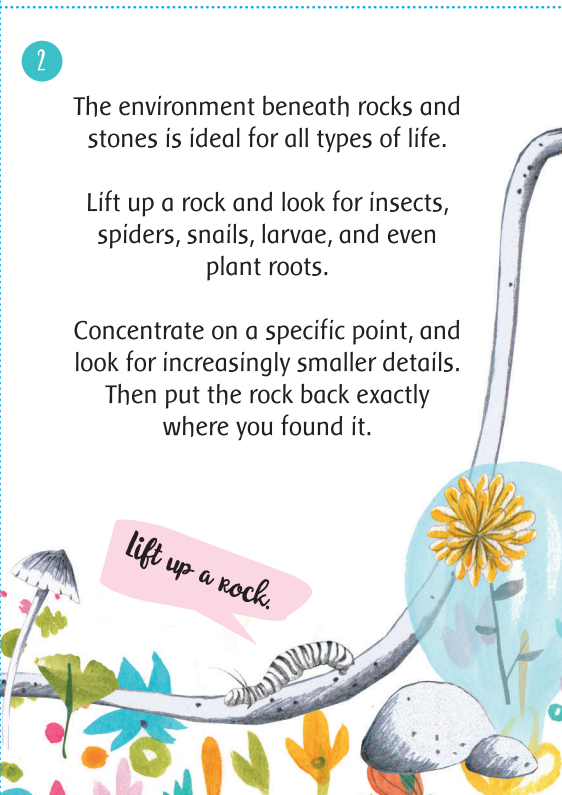
Introduce yourself, and greet the forest. "Hi, forest!"



1 Start your forest bath on foot. Take five deep breaths with your eyes closed, pushing your tummy in and out.

Take off your shoes, and walk like a fox, slowly and silently, with all of your senses alert, for at least ten minutes, while you observe the landscape, the birds, the plants, and the clouds.

Take a deep breath and walk like a little fox.



2 The environment beneath rocks and stones is ideal for all types of life.

Lift up a rock and look for insects, spiders, snails, larvae, and even plant roots.

Concentrate on a specific point, and look for increasingly smaller details. Then put the rock back exactly where you found it.

Lift up a rock.

You can fold and assemble this map like a booklet. Video with instructions on the web.

fold
cut

