

FIVE SENSES IN THE FOREST

A mindfulness exercise to reconnect with nature and yourself

We know there's so much to see in the natural world, but using ALL our senses while in the woods can be hugely beneficial for our mental health. Calm your mind and connect with nature by using your five senses to focus on the natural world around you.

What to do:

Find a comfortable, secluded spot to stand, sit or lie down in a natural space. Focus on one sense at a time, concentrating on the environment around you.

See:

Find five unique things that you can see. Try to focus on things you wouldn't usually notice. Consider their shapes, colours and textures.

Touch:

Pay attention to four things you can feel. Consider the things you're currently touching, such as the mossy forest floor beneath you or the rough bark of the tree behind your back. Can you find items that are smooth, rough, dry and wet?

Hear:

Pinpoint three things that you can hear. Listen for forest sounds you wouldn't experience in the city. How many different bird calls can you hear? What other animals are rustling or calling nearby? How do the trees sound when the wind moves through them? Can you hear any human-made sounds?

Smell:

Pay attention to two things you can smell. What scents are unique to your current environment? Are they pleasant or unpleasant smells? Do you recognize them, or are they new to you?

Taste:

Lastly, notice one thing you can taste. Try your drink or snack or consider whether being in the woods has changed the taste in your mouth.