

2024-1-PL01-KA210-ADU-000243942

Green direction: Forest Therapy's Role in Social Inclusion and Empowerment

“AMONG THE TREES” - AN INTRODUCTION TO WORKING WITH NATURE FOR ADULT EDUCATORS



Forest therapy is the self-conscious use of space for well-being, relaxation, regeneration, and emotional harmony.



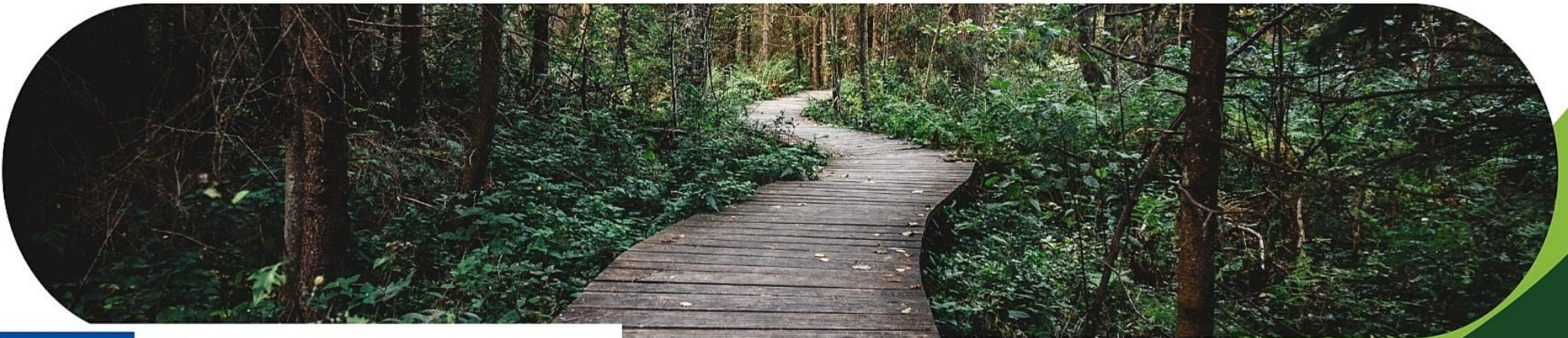
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INTRODUCTION - A HUMAN BEING IN INTERACTION WITH NATURE (60 MIN)

- Short welcome and integration of participants
- Reflection: how contact with nature affects our well-being
- Mini lecture: what are forest bathing (shinrin-yoku) and nature therapy?



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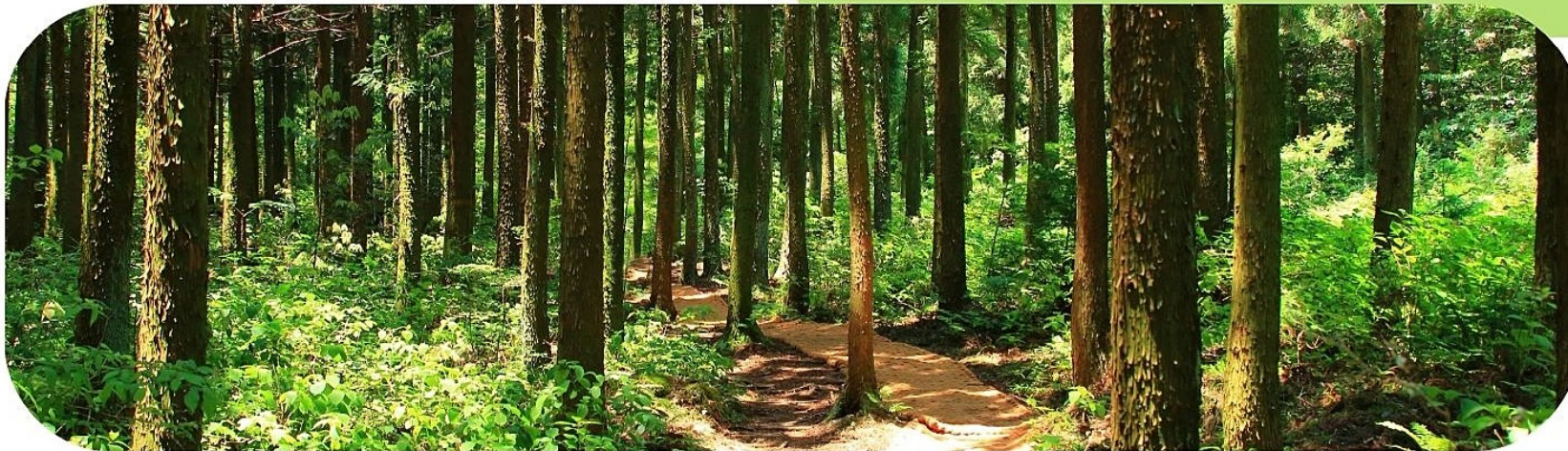


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FOREST EXPERIENCE – MINDFULNESS PRACTICE (90 MIN)

- Walking in silence and conscious breathing
- Sensory exercises: listening, touching, observing details of nature
- Short individual task: “What does the forest offer me?”



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A BREAK WITH NATURE (30 MIN)

- Picnic among the trees
- Time for talking and sharing experiences



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HOW TO GUIDE ACTIVITIES IN NATURE (120 MIN)

- Simple forms of outdoor group work
- Creating a safe and trusting environment
- Exercises for deepening your connection with nature (e.g., “tree partner,” “map of the senses”)



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WELL-BEING AND MINDFULNESS IN EVERYDAY LIFE (60 MIN)



- How to Implement the Forest Experience into Everyday Life
- Micro-Mindfulness Practices in the Work of an Educator
- Summary: What Am I Taking Away from This Day?



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THE CLOSING – SHARING TOGETHER AND THE “RITUAL OF BLISS” (30 MIN)

- A circle for reflection and sharing impressions
- A saying goodbye to the forest



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"Among the Trees" - An Introduction to Working with Nature for Adult Educators



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Acknowledgment: This material is based on project „Green direction: Forest Therapy's Role in Social Inclusion and Empowerment”

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