

## Be still and breathe

Choose an area of grass, mossy woodland floor, or among crunchy leaves - under a tree is very special, but the ground needs to be free from anything sharp or stingy and such things as litter and dog poo!

Lie on your back. (If preferred sit leaning back against a tree trunk)

Keep very still, close your eyes and take a few deep breaths!

1. Focus on what you can feel – on your skin, through the parts of your body touching the ground/tree? Allow a few minutes to absorb these sensations.
2. What can you hear? Listen hard and notice what is the faintest sound you can hear? Which sounds are loud or soft, which come and go?
3. What different things can you smell? Are they pleasant or not?
4. Open your eyes what can you see – what is the highest point of the sky you can see, how are the clouds moving, what shapes and patterns are they making?  
What other shapes and colours can you see, what else is moving above you?

Maybe try this in various places and find your own special place to be. A place to be calm and connect with nature.

