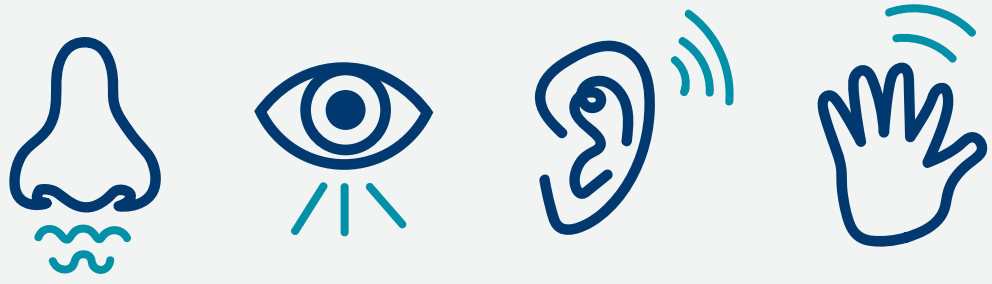


# A Wander In The Woods

Welcome! Join me today for a wander in the woods! We will connect with the land and appreciate the beauty around us as we move through the forest.

1



Engage your senses! What do smell, see, hear and feel?

2

## Trees

Trees are strong, steady and grounded.



3

## Stand Like A Tree

Imagine your roots are growing down into the earth and your branches are extended up into the sky.

6

## Skipping

Skipping has a step-hop rhythm. Let's try it out! Swing your arms in opposition!



5

## Log Leap

A log has fallen across the path! Let's leap over it! A leap means you take off of one foot and land on the other.



4

Stay steady as the wind blows. You are resilient.



7

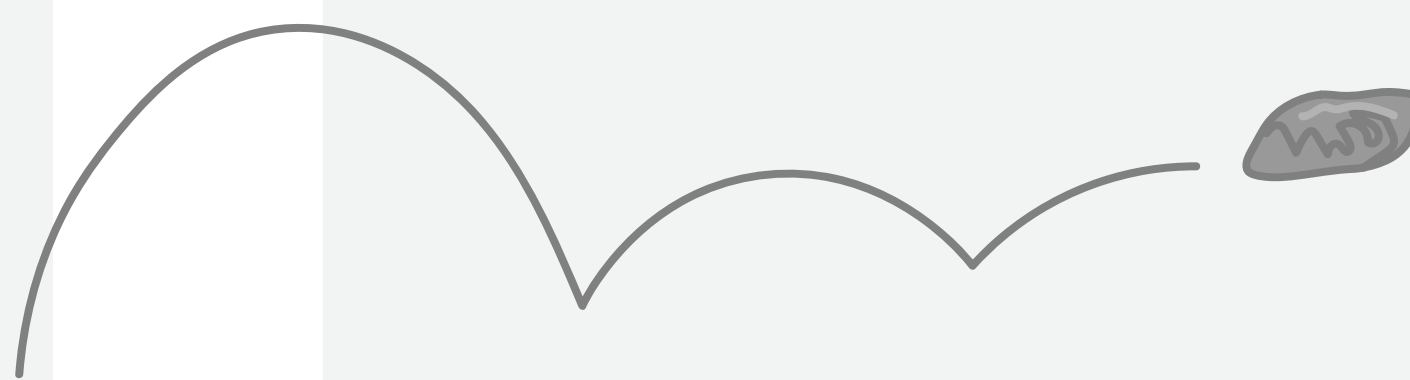
## Rock Throw

Let's see how far we can throw a rock into the water.

- Hold it in the hand you like to throw with.
- Stand with your opposite foot a little ahead.
- Raise your throwing arm and bend your elbow so the rock is held up by your ear.
- Point your other hand at your target.
- Step forward with your front foot and swing your arm forward, releasing the rock!
- Follow through towards your target.

8

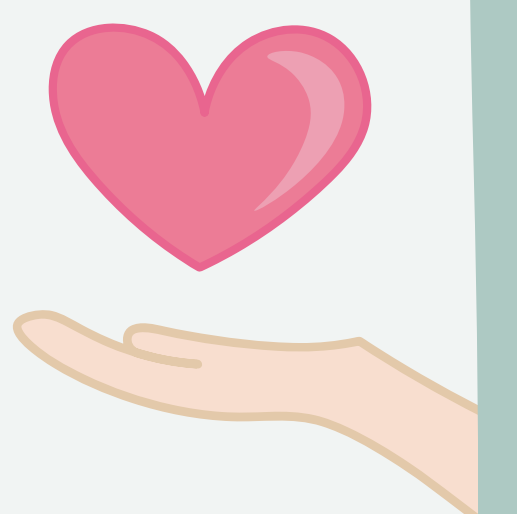
We are interconnected. You are a part of nature, and nature is a part of you.



9

## Reciprocity

We can take care of the land, just like it takes care of us.



10

## Affirmations

"I am connected to the world around me!"

"I am grounded and resilient!"

"I can find peace in the quiet of nature!"

## Reflection Question

What are some ways you can take care of the land so we can live in reciprocity?

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There are so many ways we can show gratitude for nature and protect it.

