A person is shown in a dynamic, athletic pose, possibly a dancer or gymnast, with one leg extended and arms outstretched. A large, dark shadow of the person is cast onto the light-colored floor or wall behind them, creating a strong sense of depth and movement. The background is a plain, light color, and the overall scene is captured in a soft, natural light.

Differentiate
among the senses

Recognise the effect of
your own behaviour on
others

Recognising sequences
of movements

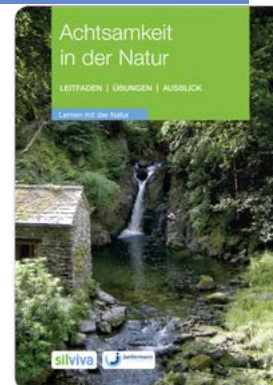
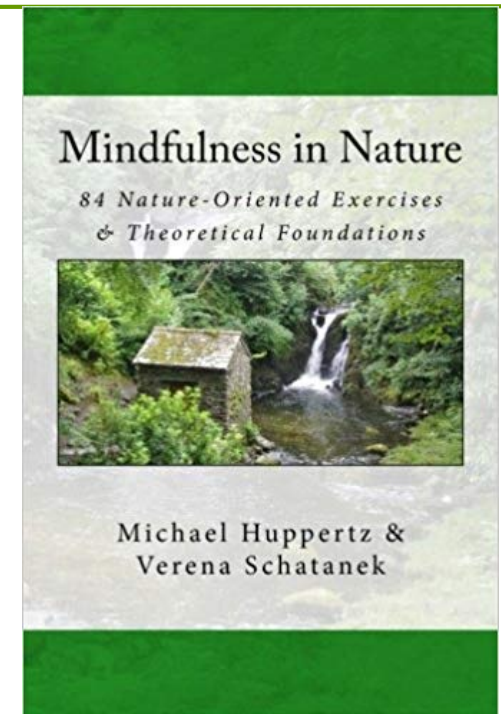
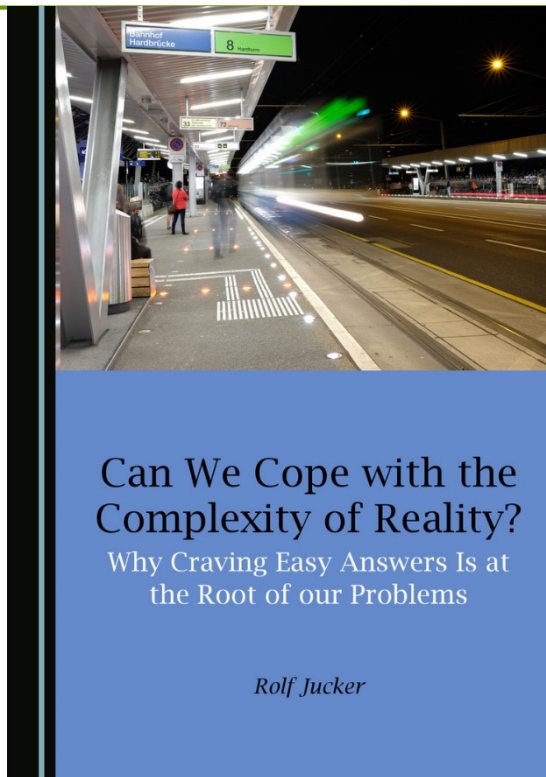
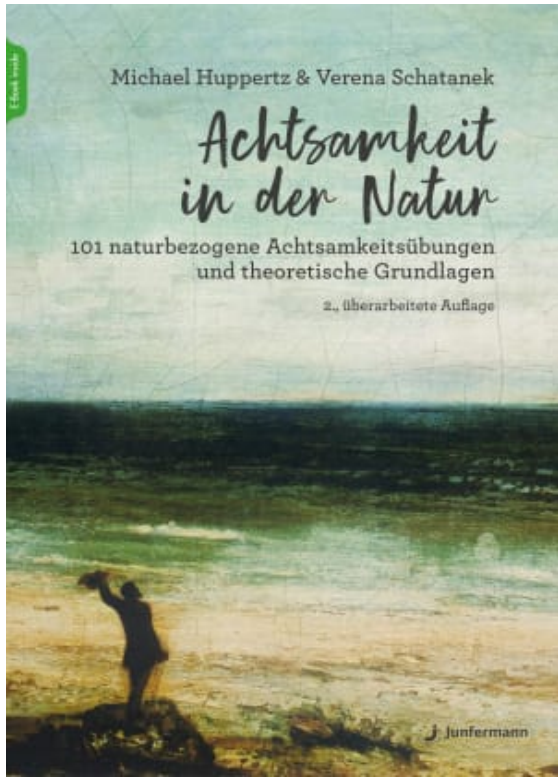
Differentiating
between emotions

Potential of mindfulness in forest pedagogy

Breakout Session 1

- Sharing about your own experiences during the exercises
- Exchange on the potential and context of mindful approaches to nature in forest pedagogy
 - a) New focus? Health topics
 - b) Complementary focus? Forest pedagogy topics

If you want to dive deeper...



Potential of mindfulness in forest pedagogy

Breakout Session 2

- Sharing about your own experiences of mindfulness in nature at your own forest pedagogy location.
- Sharing about the understanding and context of mindful approaches to nature in forest pedagogy
 - a. Eastern mindfulness traditions (inner mindfulness)
 - b. Pluralistic mindfulness traditions (relational and outer mindfulness)

Activity 1

Time travel



Activity 2

Microcosm

