The Adventure:
Whether studying at home or making a living in an office, many Rover Scouts spend a lot of time indoors. Unfortunately, this can have negative effects on one’s physical and mental wellbeing. Research suggests spending time in nature can have a variety of health benefits. On your own or as a Crew, plan an outing in a wild space to practise what the Japanese call shinrin-yoku: forest bathing. It’s a form of meditation that can help you to appreciate nature and relieve stress.

Online Resources:
- Forest Bathing
- Experiencing the Magical Practice of ‘Forest Bathing’
- Slew of books tout life-saving benefits of forest bathing
- Photographer Captures the Mysterious Power of Forest Bathing
- Why Scottish GPs are prescribing a walk in the woods
- ‘Forest Bathing’: How Microdosing on Nature Can Help With Stress
- LeaveNoTrace.ca

Safety Note:
- What safety equipment should you have with you for this adventure?
- Ticks and poison ivy are two hazards you may encounter. What else should you be prepared for?
- Even if you only plan to be away for a short time, be sure to share your plan before you go.

Plan:
- When and where will you go forest bathing? How will you get there?
- What will you bring along to enhance your experience? A camera? Some tea?

Do:
- Explore a forest.
- Move slowly and pay close attention to your surroundings.

Review:
- What do you know now that you did not know before?
- How did you feel before, during and after forest bathing?
- In what ways, if any, has your experience inspired you?
- How might you build on this experience?