

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?

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.

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](#)



It starts with Scouts.

Forest Bathing

Environment & Outdoors



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.



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