

**FNDN 102 Review and Integration assignment**

**INTRODUCTION**We all know how good being in nature can make us feel. We have known it for centuries. The sounds of the forest, the scent of the trees, the sunlight playing through the leaves, the fresh, clean air — these things give us a sense of comfort. They ease our stress and worry, help us to relax and to think more clearly. Being in nature can restore our mood, give us back our energy and vitality, and refresh and rejuvenate us.  
  
The Japanese practice something called forest bathing, or [*shinrin-yoku*](https://www.youtube.com/watch?v=stuZaKB9j7I). *Shinrin* in Japanese means “forest,” and yoku means “bath.” So *shinrin-yoku* means bathing in the forest atmosphere, or taking in the forest atmosphere, basically being present in the forest through slow movements and taking in the forest through your senses. The Japanese practice of forest bathing is proven to lower heart rate and blood pressure, reduce stress hormone production, boost the immune system, and improve overall feelings of wellbeing. You will get to experience this in a lab, but this assignment gives you the option to keep practicing it.

**PART 1 | Participate** Find a forest or tall trees you can sit under, or among, in relative solitude. If all else fails find a quiet place. For approximately 30-40 minutes be still and quiet.

**1. Five senses (10-15 mins)** paying attention to your five senses. Allow this time to make the

transition to the forest and in this time be mindful of the environment and your

response to it. Below are some prompts, but you don’t necessarily need to record

answers to each of these.

1. What do you hear?
2. What do you smell?
3. What does the ground feel like? Notice the sensations of touch experienced.
4. What do you see (notice the colors or the shades of light)?
5. What is your state of mind?

**2. Thoughts from the wilderness (20 to 30 mins)**

Free write: Using pen and paper, not a digital device, record where your stream of consciousness goes in this environment. Write your thoughts, or poetry or music or draw a picture or a combination.

* Fill a page with meaningful reflection / response

**PART 2 | Upload your free writing and picture of your environment to the Forest Bathing lab drop box in this week’s tab in Moodle**

* Add your name to the page (please make it readable)
* Snap a photo of your free writing, artwork or music
* Take another picture of your surroundings in a natural environment
* Upload both pictures to the drop box