

**FNDN 102 Personal Application Assignment** | Forest Bathing

**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*. *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.

**For a brief overview of this practice watch the video** [**HERE**](mailto:https://www.youtube.com/watch?v=stuZaKB9j7I)**. If you are interested in learning more, please contact your instructors for more resources.**

**PART 1 | Participate** in forest bathing for ***a minimum of 30 minutes a day for three days in one week*** (separate sheet for each day, see below). If at all possible, go into a forest (tall trees and relatively remote, e.g. the “back 40” on TWU campus). If that is not available where you live, try to get to a nature area (like a park or by a river) where there are not a lot of people and you can safely practice solitude. If neither option is available, contact your instructor to discuss options. Each 30 minute episode should include 20 minutes of journaling in which you address the following:

**1. Five senses (10 mins [approximately two mins per question])**

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

**2. Thoughts from the wilderness (10 mins)**

Free write: record where your stream of consciousness goes in this environment.

**NOTE: Keep track of your notes and observations from each day and submit them for all four days along with your reflection.**

**PART 2 | Reflect on your week of forest bathing practice**   
After following a set plan for *three days in one week*, submit your journal (see details below) and write a one-page reflection This is due, along with your forest bathing journal, at the start of class on the date specified in the proposed course outline of your syllabus, and in the format indicated by your instructor. Below are the questions you should answer in your reflection (approximately 1/4 page each):

1. What was the process of paying attention to your senses and environment like for you?
2. What was the impact of the three-day practice of forest bathing on you (emotionally, cognitively, spiritually, etc.)?
3. Would you continue, adapt, or discontinue this practice? Why or why not?

**Formatting** Each reflection should be one page in length and APA format (typed, 12 point font size, New Roman Times font, double-spaced with one-inch margins). Include a title page (there is a template on the Moodle site) and save your file as "First Name\_Last Name\_Forest-Bathing." Submit in Word™ or .pdf format.

**RELATED READING**

Furuyashiki, A., Tabuchi, K., Norikoshi, K., Kobayashi, T., & Oriyama, S. (2019). A comparative study of the physiological and psychological effects of forest bathing (Shinrin-yoku) on working age people with and without depressive tendencies. *Environmental Health and Preventive Medicine*, *24*(1), 46. https://doi.org/10.1186/s12199-019-0800-1

Guan, H., Wei, H., He, X., Ren, Z., & An, B. (2017). The tree-species-specific effect of forest bathing on perceived anxiety alleviation of young-adults  in urban forests. *Annals of Forest Research, 60*(2). Retrieved from https://www.afrjournal.org/index.php/afr/article/view/897

**NOTE: Log sheet below with instructions.**

We recommend that you print three copies of this page and write on them by hand. Take a clear picture of each page, and include one image per page in addition to your one-page reflection.

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| --- |
| **Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Time\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| What do you hear?  What do you smell?  What does the ground feel like, or explain the sensation of touch.  What do you see (explain the colors or the shades of light)?  What is your state of mind?  Thoughts from the wilderness: |

**MARKING RUBRIC**

|  |  |  |  |
| --- | --- | --- | --- |
| **ACTIVITY LOG** |  | **Value (10)** | **MARK (10)** |
| Log submitted (1) | 1 pt for including log in assignment | **1** | 1 |
| Log completed (9) | 3 pts for each 30 min activity’s report | **9** | 9 |
|  |  | **10** | 10 |
|  |  |  |  |
| **REFLECTION** |  | **Value (35)** | **MARK (35)** |
| Questions answered | (1pt each) | 3 | 3 |
| Length (full page) | 1 – less than half / 1.5 – three quarters / 2 - complete | 2 | 2 |
| 1. Degree of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate (these numbers are reference guides) | 10 | 10 |
| 2. Degree of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate (these numbers are reference guides) | 10 | 10 |
| 3. Degree of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate (these numbers are reference guides) | 10 | 10 |
|  |  | **35** | **35** |
|  |  |  |  |
| **PROFESSIONALISM / FORMATTING** |  | **Value (5)** | **MARK (5)** |
| Title Page | 0 – not included / 1 – not APA complete / 2 – APA complete | 2 | 2 |
| Grammar / Formatting | 1 = 4+ errors / 2 = 2-3 errors / 3 = no errors | 3 | 3 |
|  |  | **5** | **5** |
|  |  |  |  |
|  |  | **50** | **50** |
|  |  | **5** | **5** |
|  | DEDUCTIONS (if applicable) |  |  |
| **COMMENTS** |  |  |  |
|  |  |  |  |