



Self-guided Activity: Tree Breathing

Any effective Natural Change activity is always part of a long and often psychologically complex process and it is very difficult to give a simple one-off example. However, we thought we'd have a go anyway! This activity can be used simply as a relaxing way to spend part of a lunch break or, to some people, it might mean much more. Have a go and see how you *feel*.

Setup

All you need for this activity is access to a tree (don't worry we're not going to ask you to hug it!). You may also like to have something to sit on and you will need to have enough outdoor clothing to stay warm sitting still for up to 20 minutes.

Activity

Find a nice tree! You may like to spend a few minutes deciding which tree you feel 'drawn' to. See which way your body wants to go and follow you're instinct.

At your tree spend a minute having a good look at it. Imagine you might have to describe it to someone else and that you need to remember all it's details and features. Next sit down under the tree with your back resting on the trunk. Get comfortable and close your eyes.

With you eyes closed imagine the tree breathing in carbon dioxide and breathing out oxygen. Then become aware of your own breath, breathing in oxygen and breathing out carbon dioxide. Be aware that this is actually what's happening – it's not just down to your imagination.

Keep focusing on this process of you breathing in what the tree breathes out and vice-versa. Hold the process for as long as it feels comfortable. When you're ready open your eyes and reflect on what you experienced.

Reflection

What happened?

How did this process make you feel?

How do you feel about the tree?

How does your body feel?

Did you have any insights into your relationship with trees?

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