

A moment in the forest

For whom: All grades	Where: In the forest
Wilderness passport section: Out and about in nature	When: Spring, summer and autumn
Learning outcomes: Learning to pause in nature and make silent observations.	What you need: Pen, paper and drawing materials for pupils as necessary, seat pads
Duration: Depends on grade (around 20 to 45 minutes)	Personnel resources: 1

INSTRUCTIONS

1. First agree with the pupils on how long everyone will stay on their spots in the forest and where you will meet afterwards.
2. Then tell the pupils to find a suitable place in the forest within a pre-agreed area where they can spend their time. This should be a quiet and private place which cannot be seen by other pupils. Once they find their spot, the pupils' task is to sit still, observe and experience. If they wish, the pupils may draw or write down their observations, experiences and feelings.
3. Once the agreed time has passed, you meet again to discuss your experiences in the forest. What did it feel like to spend time quietly in the forest? What sounds did you hear? Discuss any drawings and writings.

For younger pupils, a suitable time to spend in the forest can be from a few minutes to ten minutes, with longer times for older students. Once the agreed time has passed, you meet and talk about what each pupil experienced and what it felt like to spend time quietly in the forest.

BACKGROUND

Nowadays many people lack the ability to be alone and do nothing. Something is happening all the time, and we are surrounded by noise. There are constantly other stimuli around, and the phone often occupies your attention. The purpose of this task is to learn to pause and observe alone and silently things that you would otherwise not have noticed.

*(the original idea for this assignment came from the book *Friluftslivets pedagogik*)*