

NATURE WALK

Connect with the cycle of life

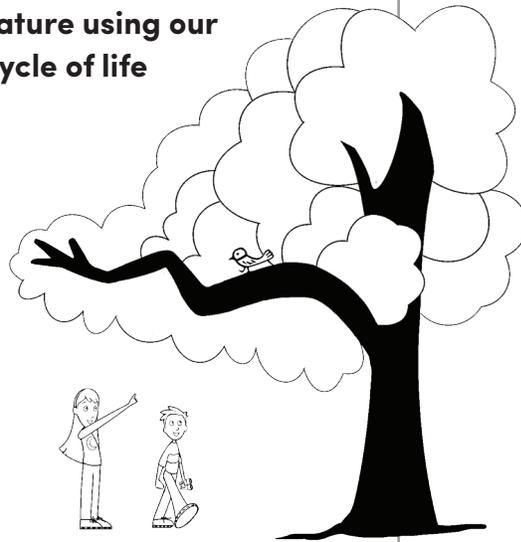
Materials: Worksheets

Directions: Read the worksheet, complete the activity and discuss.
This activity can be completed as a group or individually.

Today, we're going to explore and connect with nature using our senses. We'll use metaphors to connect with the cycle of life on a journey to understand death and grief.

What is a metaphor? A metaphor symbolizes or represents something else. It's a comparison between two different things that share characteristics.

For example, who has heard the expression, "Life is a rollercoaster"? It's a metaphor, because life — like a rollercoaster — has ups and downs, twists and turns.



STEP ONE

Let's begin by doing a sensory exploration indoors. First, I want you to take some deep breaths. Close your eyes. Take a deep breath in through your nose and slowly count 1... 2... 3... 4...

Then, slowly exhale through your mouth as you count 1... 2... 3... 4...

Keeping your eyes closed, think about the smells, sounds and sights around you.

Open your eyes. Can you identify the smells? The sounds? Now, touch some of your surroundings. Can you describe the different textures?

STEP TWO

Let's take a nature walk outdoors. I encourage you to be silent to strengthen your ability to focus on our walk. Just as we did indoors, I want you to think about the smells, sounds and sights around you. The goal of our walk is taking a journey — just as grief is a journey.

When we return indoors, we'll discuss our nature walk and what we learned.

Discussion questions

- ▶ How did it feel to be out in nature?
- ▶ During the walk, were you reminded of the cycle of life? In what ways?
- ▶ How did our nature walk compare to the journey through grief and healing? For example, how do rocky paths and smooth paths compare to grief?

