



SOLO IN THE FOREST

Experiential education



individual



reflecting



outdoors



1-3 hours



PURPOSE

SELF KNOWLEDGE

- resource mapping
- life planning
- visioning

MATERIALS

- notebook & pen
- sleeping mat, blanket
- clothing proper to weather
- snack & water

PREPARATION

- Find a nature place - forest, natural places, beach - where you can feel safe to sit for a long time. Use a sleeping mat, blanket or sit directly on the ground if dry.
- If you do it alone, it is nice to tell somebody in advance that you are out, and you can keep a watch with you so you know when time is up. Smart phones are not recommended, only in flight mode.

* INTRO



Solo is a very classical outdoor activity with which we colour our learning experience. Here the challenge is to sit in silence and look inward for several hours, alone.



STEPS

1. Find a spot you like in the forest that is hidden, and not many people visit the place when you want to be alone there
2. You can tune into the forest and find a tree that is significant for you or you are attracted to. Make a comfortable seat there and, if possible, do not leave the 5-meter diameter of this spot for the coming 3 hours.
3. Sit in silence, watch the forest and hear the sounds of all the living beings around you, then start to look inward.
4. Prepare a notebook and a pen and try to answer the following questions in the coming 3 hours (these questions are given to the participants in advance so they can easily follow)
 - How are you now? How do you feel?
 - How would it be the most useful for you to spend these 3 hours?
 - "Let's pretend you have magical powers to make the future exactly how you want it to be. What will be happening in your future?" Please describe it in every possible detail - where are you, what are you doing, who is with you, how do you and your environment look like - you can even make a drawing about it.
 - You have three wishes. What can you do to start the magic in yourself? Please identify the first steps toward it.
 - Imagine that you are one of your good friends. What piece of advice, about the first tiny little step towards what you want, do you give yourself?

REFLECTION

- How was this experience for you?
- In what way, if any, was it challenging for you to spend a couple of hours alone looking inward?
- During this solo period of time, what kind of resources did you recognize in yourself that can support your resilience?

COMMENTS

- Another option for this activity is, when participants compose a letter to themselves with the answers of the given questions. This they put in an envelope adding their address and the envelopes are posted to them within 3-6 months after the training/workshop.

! ! ! SOLO IN THE FOREST ! ! !