

Forest School & Spirituality



8th May 2025

The woodland was absolutely filled with beautiful bluebells and wild garlic when Year 5 and 6 visited today! We started the session by practising the art of 'Shinrin-Yoku.' This is otherwise known as tree-bathing and is where you take in the forest atmosphere with all the senses to promote relaxation and well-being. We discussed how some people experience spirituality through connecting with nature.

We also had a go at the craft of 'Hapa zome' which is the Japanese print-making technique where natural pigments from leaves and flowers are transferred to fabric by using a hammer! We made some beautiful pencil cases which the children were able to take home with them.

