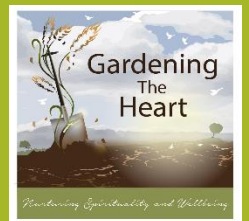
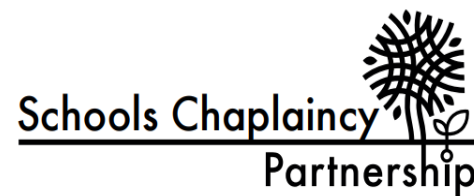


WONDER & WELLBEING OUTDOORS

One Minute Sensory Reflections

Stilling Noticing Dwelling
Mending Blessing



Connecting with nature and the seasons



Connecting with seasons in nature and being outdoors is good for us physically, mentally, emotionally and spiritually.

Most of us rush through our days without a moment to stop. With minds working overtime we don't notice some of the good things going on around us that can be a source of nurture and wisdom.

Taking time to connect with nature and the seasons nurtures our sense of wonder and also supports our wellbeing.

Stilling and Sensing Outdoors – *Breathe...*



STOP for a moment outdoors, stand or sit still.

Notice your breathing. Is it fast or slow?

Take a deep breath in 1...2...3... and enjoy the sensation of fresh air streaming into your lungs.

What does fresh air smell and feel like to you?

As you breathe in deeply... think about those things in nature that give us life, trees and plants blessing us with the gift of oxygen to enable us to breathe. Think about something that has made you happy or been 'life-giving' today, yesterday or this week.

As you breathe out slowly..., let go of something that hasn't been easy today, yesterday or this week.

Perhaps think about who you could ask to help you with this, or if you want to you can ask God to help you.

KEEP SILENT (for about 30 seconds)

REPEAT if you want to

Stilling and Sensing Outdoors – *Listen...*



Stop for a moment outdoors, stand or sit still.

Notice your breathing. Is it fast or slow?

Take a deep breath in 1...2...3... and listen to the sound of air flowing into your lungs.

As you breathe in deeply... listen to the sounds you can hear around you in nature. *Are they man made or natural - birds, insects, wind in the trees... cars, aeroplanes, voices...?* If you start to think about other things, don't worry, just listen out for the sounds that bring a sense of joy and calm.

Which sounds are you drawn to? Focus on these.

As you breathe out slowly..., notice the thoughts within you and notice what you are feeling.

KEEP SILENT (FOR ABOUT 30 SECONDS)

Now try to clear your mind...let your thoughts be still. Perhaps imagine a still pool or lake when the wind has dropped and all is calm.

KEEP SILENT (30 seconds)

The Bible says: " Be still and know that I am God".

PAUSE

Noticing and Sensing Outdoors – *Look...*



Stop for a moment outdoors, stand or sit still.

Notice your breathing. Is it fast or slow?

Take a deep breath in 1...2...3... and breathe out slowly 1...2...3... looking around you slowly and carefully...looking up, looking down, looking to the right and left. Focus your attention on the shapes, colours, textures that appeal to you, perhaps a tree, the sky or something else. Is there something beautiful to see that you haven't noticed before, perhaps where you are standing or sitting. – perhaps something obvious or less obvious.

What captures your attention? Take time to look more closely at what you have noticed and think about why this interests you.

KEEP SILENT (30 seconds)

Check in with your thoughts and feelings.

Is there something that has caused you to have seen more clearly, or perhaps make a connection within yourself or your life's circumstances...

PAUSE

Note this and be grateful in your heart, or if you want to you can thank God. If you want to you can talk to God about it or just let your thoughts and feelings be still.

Noticing and Sensing Outdoors – *Smell...*



Stop for a moment outdoors, stand or sit still.

Notice your breathing. Is it fast or slow?

Take a deep breath in 1...2...3... noticing different scents in the air... and breathe out slowly 1...2...3...

Which scents are stronger or appeal to you, perhaps from flowers, a tree, warm rain, freshly mown grass or something else.

Take a moment to enjoy these scents that you have noticed, whether while being still or walking around.

KEEP SILENT (30 seconds)

What is good about being able to enjoy different scents? Take time to think about how our sense of smell can delight us, and even protect us e.g. sensing danger.

PAUSE

Is there something that you have sensed more clearly...

Note this and be grateful in your heart.

If you want to you can talk to God about it or just be still and quiet.

Mending and Sensing Outdoors – *Feel...*



Stop for a moment outdoors, stand or sit still.

Notice your feet and where you are standing or sitting. Feel the solidity of the ground beneath you and your relationship with the earth and your surroundings. Take a deep breath in 1...2...3... and breathe out slowly 1...2...3... notice how you are feeling physically, mentally or emotionally.

Perhaps place your hands out palms up in front of you. Enjoy the feeling and the sound of the wind around you and across your palms.

Think of something good that has come your way this week. What was good about this thing or experience? Be thankful in your heart, or, if you want to, to God.

KEEP SILENT (30 seconds)

Think about letting things go, allowing the wind to carry away anything that you feel sad, bad or uncomfortable about.

PAUSE

Think about how you could ask for help with these things, to perhaps mend a difficult situation. You can talk to God about your feeling and experiences, and perhaps say sorry, if you want to, or ask God for help.

Enjoy the constant movement of the wind or its stillness around you. Think about how the behaviour of the wind could speak to your heart and encourage you.

KEEP SILENT (30 seconds)

Blessing and Sensing Outdoors



Find a tree outdoors – look at carefully, it's shape, size, texture of the trunk, length of branches, leaves. Maybe stand near or under the tree noticing how it provides shelter.

Breathe deeply...in and out...

Hold your hands to your heart -your core, like the trunk of a tree. Think about yourself, your strengths and weaknesses, but most of all your inner goodness.

KEEP SILENT (FOR ABOUT 30 SECONDS)

You can say to your soul...“May I be safe and well and happy” or reflect on these words: May the Lord bless you and keep you.

PAUSE

Imagine how far the tree roots go down into the ground – often as far down as the tree is tall. Roots give us strength and security. Think about the people that love you, their strengths and weaknesses, but most of all their inner goodness.

You can say: may my family, carers and friends be safe and well, free and happy, or if you want to: “God bless each member of my family”

KEEP SILENT (FOR ABOUT 30 SECONDS)