

# Nature at home

Experience the magic of  
Forest School from home!

## Forest Visualisation

Nature can seem far away when stuck indoors, but this method can help you to bring some of the calm of the outdoors inside. This can be done anywhere, by any age, but being near a window or in nature is ideal.

First, take a moment to sit comfortably on a chair or a cushion.

Follow the link to the audio file for the visualisation. Close your eyes and follow the instructions. If you cannot access the link, you may wish to try the following:

Close your eyes and picture yourself in a forest. There are trees all around you and birds singing in the trees. Can you feel each of your senses?

Can you imagine the smell of the forest?

How about the sounds?

How do your feet feel touching the earth?

Now imagine that you are a tree. Imagine when you breath in that you are bringing air in through your leaves. Imagine your arms are branches.

Now focus on your feet, imagine that roots are extending from your feet down into the earth below. How does it feel?

Spend some time imaging what it's like to be a tree, then write down what you felt.

### Kit List

[This audio file](#)



Step One

Step Two

Step Three

Step Four



City of Westminster



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA