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### Picture frame:

Have participants collect four sticks of similar length (between 15-20 centimetres). These sticks will be used as frames. After establishing boundaries for the activity, instruct participants that they will have five to 10 minutes to explore within the area established to find a piece of nature (without moving things). Encourage them to find something that they relate to or that speaks to them. It could be the way some rocks are piled, it could be a plant, etc. Have the participants use their sticks to frame the section of nature they chose. Once everyone has finished, have the group come back together and go on a gallery nature walk to share the “pictures” they have framed.

### TIPS:

- > Participants could also share a story to go along with their picture or explain to the group why they picked this certain area.

### SAFETY CONSIDERATIONS:

- > Establish clear boundaries and programming area with participants.
- > Do a sweep of the area to make sure there aren't any poisonous plants.
- > Establish a time frame for exploring and searching for nature to frame.







### Ninja sticks:

Ask all participants to find two small sticks in the forest. Have one participant volunteer to be the “ninja.” This person will sit in a location about 100 metres away from where the rest of the group is beginning the game. This person will be blindfolded and all the sticks collected by the other participants will be placed in a pile in front of them. The ninja must use their hearing to detect whether others are getting close to them or moving around. The rest of the group begins at the designated starting point and their goal is to retrieve all the sticks without being caught by the ninja. If the ninja hears someone in the forest, they will point at that person and that person must return to the starting point before trying to collect a stick. The game ends when all sticks have been collected. At this point, someone new can become the ninja.

#### TIPS:

- > It can be helpful to have one staff not playing who can help to enforce who the ninja is pointing at if participants don't see it.
- > This game is best played in the forest where participants have space to sneak around.

#### SAFETY CONSIDERATIONS

- > Establish clear boundaries and programming area with participants.
- > Do a sweep of the area to ensure there are no poisonous plants.



### Moment of mindfulness:

Have the participants sit in a circle and close their eyes and take a moment of quiet. Have the group take a few deep, grounding breaths and explore what they can smell and taste in these breaths. Next have the group try to listen for the farthest sounds away that they can hear. Pause. Have them try to hear something a little bit closer, maybe in the trees or on the forest floor. Pause. Now see if they can hear anything right beside them. Pause. Have participants focus on sounds inside themselves, maybe their breath, maybe their blood pumping. Pause. Have them think about which direction the sun is coming from, and the wind, etc. When they are ready, participants can open their eyes and share with the group things they noticed (sounds, feelings, thoughts, etc.)

### TIPS:

- > This can be a great activity for the end of the Exploring Our Senses In Nature program.
- > Some participants may not feel comfortable closing their eyes. Let the group know that closing your eyes is optional and that no one needs to do this if they don't feel comfortable with their eyes closed. If participants choose to keep their eyes closed or not participate, ask them to kindly stay quiet to allow the other group members to participate.

### SAFETY CONSIDERATIONS

- > Establish clear boundaries and programming area with participants.
- > Do a sweep of the area to ensure there are no poisonous plants.
- > Consider having one staff member or volunteer keep their eyes open to supervise the group.

