

Dod yn ôl at fy nghoed

(To return to my trees)

1. WANDER FOR A FEW MINUTES AMONG THE TREES. FIND ONE THAT YOU FEEL COMFORTABLE "CONNECTING" WITH - EXPLORE YOUR SURROUNDINGS AND "YOUR" TREE WITH YOUR SENSES... BREATHE SLOWLY... TAKE SOME MINUTES TO CONNECT WITH YOU AND WITH THE TREE BEFORE CONTINUING.

- "Return to your trees", write down things that stand out from your environment and your chosen tree - What do you notice? What do you like / dislike? *You will not need to share this with the group.*

- Now, "return to your senses" - write down what you notice about yourself by connecting with the tree, by the act of writing, by taking some minutes to follow these prompts. Notice your sensory experience, your feelings, your thoughts. Write down some ideas so you can better reflect on this later. *You will not need to share this with the group.*

2. AFTER YOUR INDIVIDUAL RESEARCH AND OUR GROUP DISCUSSION ON THE BIOLOGICAL, PHYSIOLOGICAL, NEUROLOGICAL AND COGNITIVE BENEFITS OF THE OUTDOORS / ADVENTURE...

- Are there any benefits from “Dod yn ôl at fy nghoed” (activity of connecting to your tree), that you can identify happening for you? Write them down.

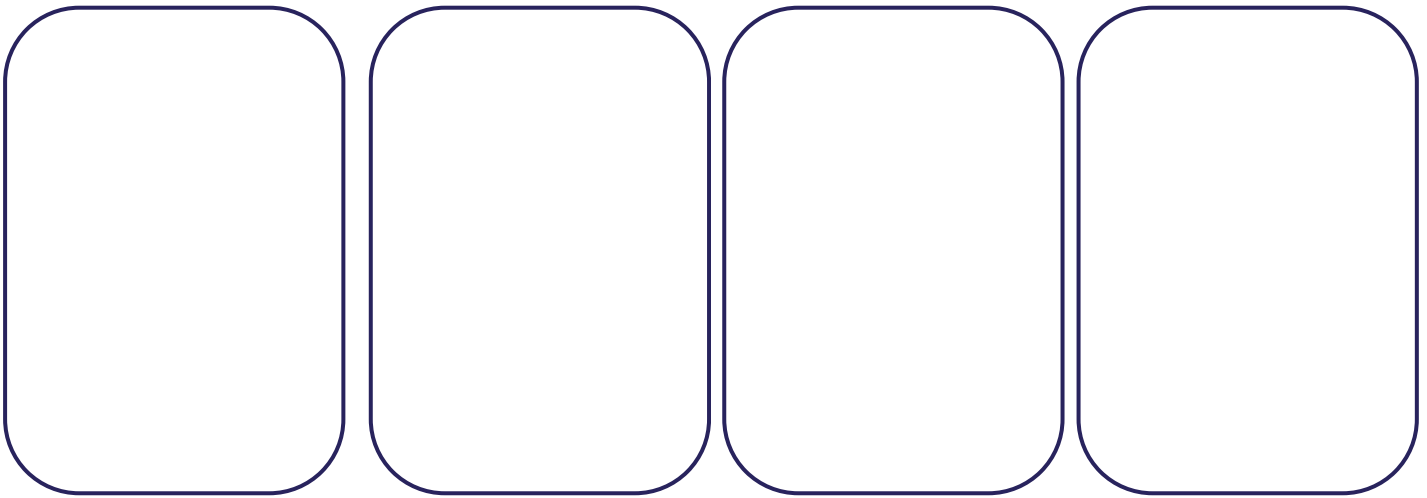
- Think about your experience across the different age groups we have discussed - and your vision how you will experience the next life stages - and write down your reflections on: What role has nature had (or can have) in supporting me throughout my life stages?

Childhood

Youth

Adults (18 +)

Senior years (65+)

Four large, empty rounded rectangular boxes arranged horizontally, each corresponding to a life stage: Childhood, Youth, Adults (18 +), and Senior years (65+). These boxes are intended for participants to write their reflections on the role of nature in supporting them throughout their life stages.

3. AS AN OUTDOOR PROFESSIONAL / FACILITATOR, TO RETURN TO MY TREES

Dod yn ôl at fy nghoed

MEANS TO ME...
