



Going solo

Can you become at one with nature? Take time to explore and connect with the area around you.

You will learn

To be responsible

Always trying to do your best, make the right choices and look after the environment.

To value the outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.



Let's begin

- 1 Everyone should find a spot outside where they'd like to spend their solo time. The person leading the game could give people a bit of time to explore the area and choose, or they could give people spaces to explore.
- 2 Everyone make themselves comfortable and pay attention to what's around them. How can they take it all in? Which of their senses do they tend to use first?
- 3 The person leading the activity should encourage everyone to focus on a couple of senses at a time. What can people see? What happens if they close their eyes? Can they notice what they hear?
- 4 People may be able to watch the breeze in the trees or listen to birdsong.
- 5 The person leading the activity should help everyone to focus on another sense, like touch. What can people feel? Can they find things with different textures, such as rough tree bark, smooth blades of grass, or cool pebbles? Can they feel the breeze on their skin?
- 6 People might want to move around a little bit so they can feel the grass, sand, or earth under their feet. Make sure that people only touch things that are safe and won't cause any harm.



- 7 The person leading the activity should encourage everyone to tune into their senses of smell and taste. Do nearby trees and plants have a smell? What is it like?
- 8 People might not be able to taste things unless an adult knows their stuff with foraging and can identify safe things to eat, like blackberries and wild garlic. If there's no foraging expert, people could focus on whether the air has a taste. Does it feel different to breathe?



Reflection

Time	Activity
5 minutes	<p>This activity was about valuing the outdoors. Were people used to visiting this place, or was it a new environment? What different wildlife did they spot? How did the outdoor space feel different to other outdoor areas? People could think about how the temperature or sunlight felt different, or the different smells they noticed.</p>
	<p>This activity also gave people a chance to think about being responsible. How did people do the right thing during their visit? Perhaps they helped to pick up litter or left a small animal alone even though it was really tempting to pick it up to see it better. Humans have a huge impact on outdoor areas like woodland. How could people do their best to take care of forests? Planting new trees is one of the least expensive ways to reduce carbon emissions - an added bonus is that dedicating space to trees means that there's more space for other life to grow and thrive.</p>

Change the level of challenge

It's up to you how much you guide people through this activity. You could introduce the senses one at a time to provide more structure and support, or you could explain the whole activity and allow people to take their time exploring with their senses in their own order.

If you know what species people are likely to discover, why not challenge groups to find a list of animal and plants? You could also encourage people to identify what they find in a more detailed way, for example, looking into differences between species.