



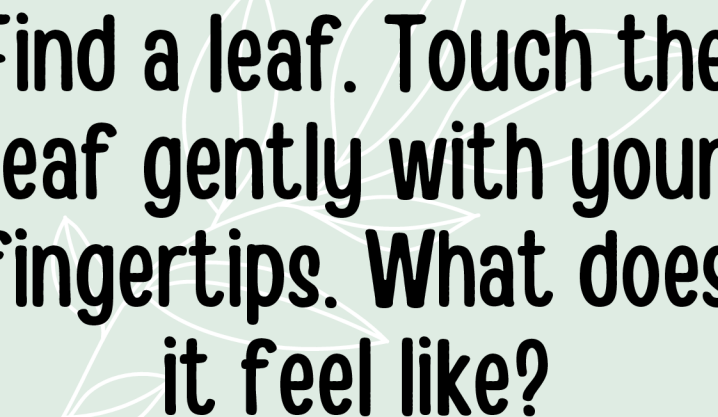
# A Mindful Forest Card Deck

## How to play:

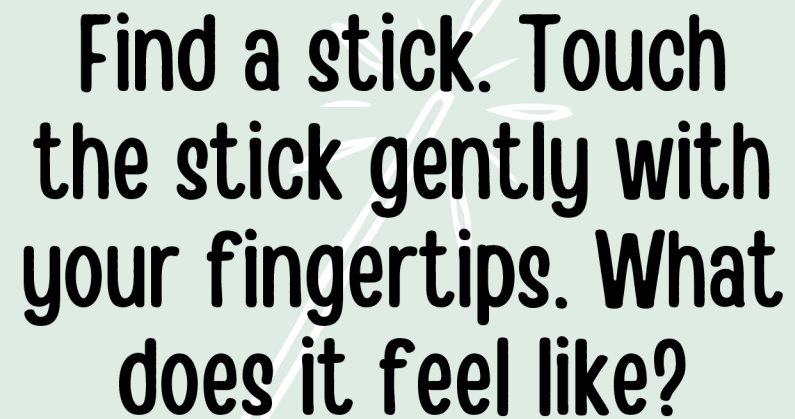
Take a few deep breaths in a way that feels right to your body.

Enter the forest. Choose a card. Read the card or have someone read it to you.  
Walk around and find something that matches the card.

Explore how the space feels with all your senses.



Find a leaf. Touch the leaf gently with your fingertips. What does it feel like?



Find a stick. Touch the stick gently with your fingertips. What does it feel like?

**Find something that smells good. Breathe in the smell with 3 deep slow sniffs. What does it smell like?**

**Close your eyes. Is there a breeze? Feel the breeze on your skin. Imagine that it's filling you with peace.**

**The forest can host many colors. Walk around and find a colour that makes you feel good.**

**What season is it? What things in the forest tell you what season it is? Look around and find them.**

**Find one bug to say hello to  
(just with your voice not  
your fingers.)**



**How many different shades  
of green can you find? Find  
at least five different  
shades.**

**Find some dry soil. Press  
your finger gently into the  
dry soil. Feel how it feels to  
touch it. What does it feel  
like on your skin?**

**Find some wet soil. Press  
your finger gently into the  
wet soil. Feel how it feels  
to touch it. What does it  
feel like on your skin?**



Are there flowers blooming in the forest? Find a flower that catches your eye touch the pedals very gently, is it soft or rough? What does it smell like? If there aren't flowers blooming, look for places where you think the flowers might grow when they're ready .

Close your eyes. Imagine your ears opening like a foxes ears in the wind. What do you hear in the forest?

Find a plant that seems spiky. Touch it very gently with your finger tips how does it feel?

Find a plant that has berries. Imagine how the birds might come and eat them. The berries feed the birds.

**Find a plant whose name you know. Greet it like a friend. Look at the plant and let it greet you in return.**

**Find a plant that has new growth. How can you tell that it's growing? What do you notice?**

**If you were a tree, what tree would you be? Pick one to stand next to and imagine roots of your own growing down into the earth holding your trunk steady and strong. Imagine your branches are reaching up high. What colour of leaves do you have? See your whole tree in your mind.**

**Imagine you are an alien from outer space and you've just landed on earth, you've never seen a place like this before. Take a walk around and see what you notice.**



**Find water. Maybe a puddle or a stream. Can you find a pebble and throw it in the water. Watch the little waves on the water until it's calm again.**

**Find something that you enjoy looking at, spend a little time here, maybe talk to it or just say a 'hello, thank you for being here.'**

**Find something that brings back a happy memory for you. Remember the happy memory in as much detail as you can.**

**Find something in nature that represents YOU, as a person.**