

# Forest Meditation and Creative Writing

## Objectives:

Students will create a collaborative Land Acknowledgement inspired by the exploration of local green spaces and research into the history of the land they learn on.

## Materials Needed:

- White board
- Projector
- Forest picture
- Forest sounds (optional)
- Meditation script
- Paper and pencils

## Put up forest picture

Begin by putting up a forest picture found at the end of this lesson plan, or a forest picture of your own that you love!

You may also choose to play forest sounds. An example can be found [here](#)

## Remind students of their five senses

Ask students to name their five senses, write them on the board if students could use the reminder throughout the exercise. Leave out the sense of taste as students should not taste things outdoors unless prompted to by a trusted adult.

Practice using your five senses in your classroom. What do students see, smell, hear, and feel?

## Guide students through the meditation

Have students relax somewhere and guide them through the meditation found below.

## Written response

Using some of the ideas in the meditation, have students write a short story about being in the woods.

Prompts:

- You are one of the animals in the forest. What are you? What do you do during the day? What do you see, hear, touch, taste, and smell?
- You are a human or animal walking through the forest, describe what you see, hear, touch, taste, and smell.
- Imagine you are the prey of a predator that lives in the forest. Describe what a day would look like for you.

## Guided Meditation

This meditation will guide us through the forest as we imagine we are predators. I want you to take a deep breath in with me, and a deep breath out. Close your eyes and make sure you are comfortable. I want you to focus on my words.

First I want you to imagine you are a red fox. You're agile and alert, You've got a coat that's deep orange with white fur. You're in a forest at dawn and the air is crisp and fresh. You move quietly through the underbrush, your sharp eyes scanning the surroundings. Every twig, every leaf is a signal to you as a fox. You are clever, you're quickwitted and resourceful. You trust your instincts as you weave through the trees and you're aware of every sound. What does the forest smell like? What do you hear? Do you feel the coolness of the morning air against your fur?

Now feel yourself shift you are no longer a fox, you are a gray wolf. You're strong, you're steady, you stand tall on the mountain ridge. The wind is ruffling through your thick fur. You can see for miles the forest that's stretching out below you. The skies wide open and there's a sense of peace in the solitude. As a wolf you are part of a pack yet in this very moment you stand alone, feeling the power in your own quiet strength. You're fiercely loyal, you're protective and wise. How does the ground feel beneath your paws? Can you sense the other members of your pack even though they may be far away?

Now feel yourself become a black bear. You're large and powerful. You've got thick fur and a steady presence. You're near a river and its waters are flowing gently beside you. The sun is warm on your back and the earth feels solid beneath your paws. As a bear you are grounded. You're patient and wise and you move with intention. Every step is a reminder of your connection to nature. You're not hurried for you know that the world moves at its own pace.

Now feel yourself growing into the form of a cougar. A large cat with graceful, powerful limbs and a quiet confidence. You are alone in the mountains. Your eyes are scanning the horizon. You move with purpose and power. Every step is deliberate and controlled. As a cougar you are both fierce and solitary. Confident in your strength, you feel connected to the vastness of the land around you. How does it feel to be such a powerful predator and to move so silently and precisely with such confidence?

Finally shift now into the form of the coyote. You are small, clever, and adaptable. You are in the wide open plains, the night sky above you and the wind at your back. You are playful yet perceptive, with a sense of humor and a deep deep connection to the rhythm of the lands. As a coyote, you are known for your adaptability, your intelligence, and your resourcefulness. You move with a lightness in your step, always alert and curious. What do you notice as you roam through the landscape? How does it feel to be playful, quick witted, and ready for anything?

Now slowly begin to return to yourself, bringing with you the strength of the wolf, the wisdom of the bear, the agility of the fox and the grace of the cougar, and the playfulness of the coyote. Feel how these qualities can live within you and how you can call upon them whenever you need them. Take a deep breath in once again, feeling grounded and centered now that we've tapped into our inner animal wisdom.







