

wander



in any direction until you

SEE
something blue

walk towards it.

close your eyes

take 3 deep breaths



FEEL
the wind

walk towards it.

WELCOME!

don't forget to breathe

as a group pick a tree this will be your starting tree

circle up with your backs to each other

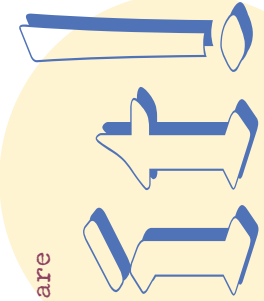
walk 50 paces in opposite directions

take your time

...move to the next page only when it feels right



then open



you are

the rest of your group are hiding. go find them!

before they get back to the

starting tree

LISTEN
for the sounds of birds

at half your normal speed follow

follow



Find a place where birds are...

walk with them

Notice how they change direction...

interact

observe...

COMMUNICATE

with the birds

in a way you think they'd understand

verbally?
telepathically?
rhythmically?

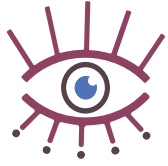
explore a bit
find something small that you are drawn to
{ small enough to fit in your pocket }

bring it back with you

now open



wander



in any direction until you

SEE
something that looks like a face

walk towards it.

close your eyes

take 3

deep breaths



FEEL
the wind

walk with it.

WELCOME!

don't forget to breathe

as a group pick a tree this will be your starting tree

circle up with your backs to each other

walk 50 paces in opposite directions



then open take your time ...move to the next page only when it feels right

you are

not if

hide don't get found

get to the

starting tree

& you are safe!

LISTEN

for the sounds of insects



follow

at half your normal speed

Find a place where insects are...

get close to them

closer... no... get CLOSE!

What are they doing?

communicating?

working?

relaxing?

observe...

COMMUNICATE

with the insects

in a way you think they'd understand

verbally?
telepathically?
rhythmically?

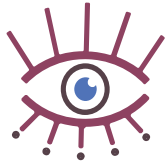
explore a bit
find something small that you are drawn to
{ small enough to fit in your pocket }

bring it back with you

now open



wander



in
any direction
untill you

SEE

an interestingly-
shaped
shadow

walk towards
it.

close your
eyes

take 3

deep
breaths



FEEL

the
wind

walk
perpendicular
to it.

WELCOME!

don't
forget
to breathe

as a group pick a tree
this will be your starting tree

circle up with your backs
to eachother

walk 50 paces in opposite
directions

#1

take your time

...move to the next page
only when it feels right

you are

NOT IN

hide
don't get found

get to the
starting tree
& you are safe!

LISTEN

for the
sounds of lil' critters

follow

at half
your normal speed



Find a place where
squirrels
are...

find a place
to sit &

observe...

just

sit

for

a little while longer

COMMUNICATE

with
the

squirrels

in a way you
think they'd
understand

verbally?

telepathically?

rhythmically?

explore a
bit

find something
small that you are
drawn to

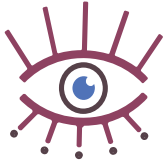
{ small enough to
fit in your pocket }

bring it
back with
you

now open

#2

wander



in any direction
untill you

SEE

something
glowing

walk towards
it.

close your
eyes

take 3

deep
breaths



reach down
FEEL
the
ground

go somewhere
the ground feels
opposite.

WELCOME!

don't
forget
to breathe

as a group pick a tree
this will be your

starting tree

circle up with your backs
to eachother

walk 50 paces in opposite
directions

#1

take your time

then
open

...move to the next page
only when it feels right

you are

not in

hide
don't get found

get to the

starting tree

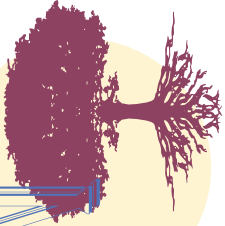
& you are safe!

LISTEN

for the
sounds of trees

follow

at half
your normal speed



find a
tree that catches your eye...

walk to it ... feel the bark
touch it... feel the bark
get close to it...

CLOSER

observe...

COMMUNICATE

with
the **trees**

in a way you
think they'd
understand

verbally?

telepathically?

rhythmically?

circle the tree
with your hand
on the bark...notice the
next tree
walk to it

when you reach the 4th tree
this way

find something
small that you are
drawn to
{ small enough to
fit in your pocket }

bring it
back with
you

now open

#2

wander



in
any direction
untill you

SEE

something

RED

walk towards
it.

close your
eyes

take 3

deep
breaths



FEEL

the
sun on your
skin

wander

notice how it
feels different
go somewhere it
feels opposite

WELCOME!

don't
forget
to breathe

as a group pick a tree
this will be your starting tree

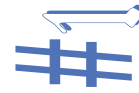
starting tree

circle up with your backs
to eachother

walk 50 paces in opposite
directions

take your time

...move to the next page
only when it feels right



then
open

you are

NOT IN

hide
don't get found

get to the

starting tree

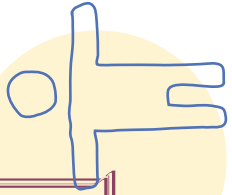
& you are safe!

LISTEN!

for the
sounds of
humans

follow

at half
your normal speed



wander until you find

written words
that catch
your eye...

follow the words

commit them to memory
who wrote them?

WHY?

observe...



say

HI!

to someone you
don't know

ask them
to take all the items
out of

their pockets

(if they're comfortable)

take a picture
with them holding
all their pocket
contents

(if they're
comfortable)

explore a
bit

find something
small that you are
drawn to

{ small enough to
fit in your pocket }

bring it
back with
you

now open

