

The participants and their favourite exercises

At the webinar the participants came from Sweden, Finland, Norway, Denmark, Iceland and Estonia. As a start of the webinar all participants were encouraged to write down their name, location and their favourite nature interpretation or environmental education exercise.

In summary they focus on:

- Investigating the nature together with students/pupils. For example small organisms in forests, organisms in water, fossils and animal tracks
- Dialogue, reviewing and reflection activities, connected to for example sustainability
- Using different senses, silent walks and wellbeing
- Hands-on activities, bush craft
- Fun games
- Show how exciting things in nature are, through cool facts.

The favourite exercises that were mentioned are listed here:

Guide others to notice, find and observe the little big things in nature and to explore these using all senses.

Teach about ecosystems, looking for species in old growth forest and linking them within the ecosystem

Exploring marine life in the shallows. Sharing all the amazing and unexpected stories of these amazing animals and plants.

Looking under mushrooms with mirrors.

Reviewing, dialogue and IE interpretation-exercises

Coastal small animals, focus on senses, learning by doing.

Bushcraft, hands-on activities, exercises in nature that initiate reflection on nature connection and sustainability.

Forests and dead wood related organisms. Hands-on learning in nature with using all senses.

I love methods that combine mind skills and wellbeing, something that encourages to experience things with all your senses.

Listening to the silence in the highlands

Exploring tree buds

Slowly silent walk with all senses wide open.

Share knowledge in a group with CL-structures, e.g quiz, quiz, trade, find someone who...

Discovering lichens on trees with a loupe and taking photos of them through the loupe

Food web exercise

Look for tracks of animals and the ecology of the forest, create an understanding and interest in nature.

Finding fossils and rare organisms with students, who gets a “aha-experience” (=“wow, is that how the World works?”).

In winter time: Looking for tracks and traces left behind by animals and gathering to discuss around them

Take a Step Forward

Walk of senses.

Forest yoga at the Sykli educational days in Virrat, Finland.

Love silence & reflection together in nature.

Finding different little things to look with the loop.

I find functional exercises the best.

I love to do “magic spots” with any age group of people - especially teachers need moments of solitude and silence in nature. Powerful experience!

Studying underwater species with students is inspiring! Also new National park simulator -game is my favourite (made by Haltia’s nature school),

Examine freshwater invertebrates with the children!

Different games for environmental education.

“Find your tree/ sitspot”. I have used this on all ages. It gives the participants a special place in nature and connects them where they are at, even if the nature is new to them.

Looking at different pieces of stones and seeing how pumice floats while others sink

Meaning in a nutshell

Taking shoes off to connect to nature - being barefoot in the landscape.

Exercises with small children

Observing nature, for example in wintertime tracks

Closing your eyes and observing the nature with other senses.

Forest Mind exercises, walk & talk

Tasting the nature with children.