



Gentle Encounters With Nature

Meditation and Poetry



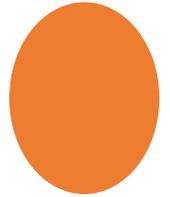
How often do we just “pass through” nature, not really interacting, or encountering what we might see or hear or smell along the way?

Let’s look at some slow journeys, gentle ways to adventure in nature:

Meditation

Forest Bathing

Poetry





Meditation in nature is a place that wisdom and perception inhabit. Meditating outdoors awakens our senses, making us more alert and aware.

Meditation is intentional. We slow our impulse to "get someplace" so we have the opportunity to genuinely encounter the natural world.

We start with slow breathing, experiencing the gift of breath, perhaps with eyes closed.

We move to grounded walking, truly feeling each contact with the earth.

We stop and quiet ourselves to listen and smell and feel the nature around us.

We move into our immediate space, first looking horizonward at the total landscape, then perhaps at a single plant or rock, and finally to one precious small detail.



Forest Bathing--shrinrin-yoku--is an experience that allows us to immerse ourselves in the beauty and stillness of nature.

Forest Bathing helps our world becomes a little smaller and quieter as we experience the perspective and peace of nature.

It can be done standing, walking or sitting, and involves intentionally quieting ourselves, slowing our breathing, feeling our bodies—the weight and pull of gravity, the ruffling of the wind—and then engaging with the natural world around us—saying “hello” from the ground, up to the sky, and inviting nature into our lives.

A gentle encounter walk....

Stop and focus on slowing your breathing and experience the gift of breath.

Now walk deliberately, slowly, feeling each contact of your foot with the earth.

Then close your eyes and listen and smell the wafting scents to begin your sensory collection.

Open your eyes and take in the entire scene—the dapplings of sun and shadow—the changing palette of the sky. Then choose a plant or piece of earth to greet. And finally focus on one detail, adding touch to your sensory experience.

Use the chart to draw and write your encounter with nature.



Poetry may begin with meditation or Forest Bathing or simply collecting wild and wonderful words.

My sensory collection and images	My wild and wonderful words



Winter and Poetry

Winter is a wonderful time to write poetry.

Here are three kinds of poems:

Haiku ---Collect your winter words and count the syllables. Then put strings together 5, 7, 5 syllables.

Cinquain—Fill in the template with winter words for each part of speech-1 noun, 2 adjectives, 3 verbs, 4 adverbs, 1 summary word.

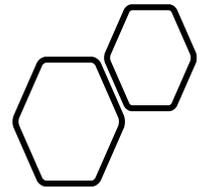
Couplets—2 lines that rhyme.



How to write a
Haiku poem:

Haiku ---Collect your winter words
and count the syllables. Then put
strings together 5, 7, 5 syllables.

Here are some images for collecting
words!



Winter Words

How to write a haiku—collect your words:

Now
count
syllables—
five seven
five and
write
them in

— — — — —

— — — — — — —

— — — — —



Winter Haiku

- 5 Gray light brown dark black
- 7 barren resting sleeping tree
- 5 will awake in spring.

Winter
Haiku—
write your
poem here>

5

7

5

Cinquain=A **Cinquain poem** is a verse of five lines that do not rhyme.

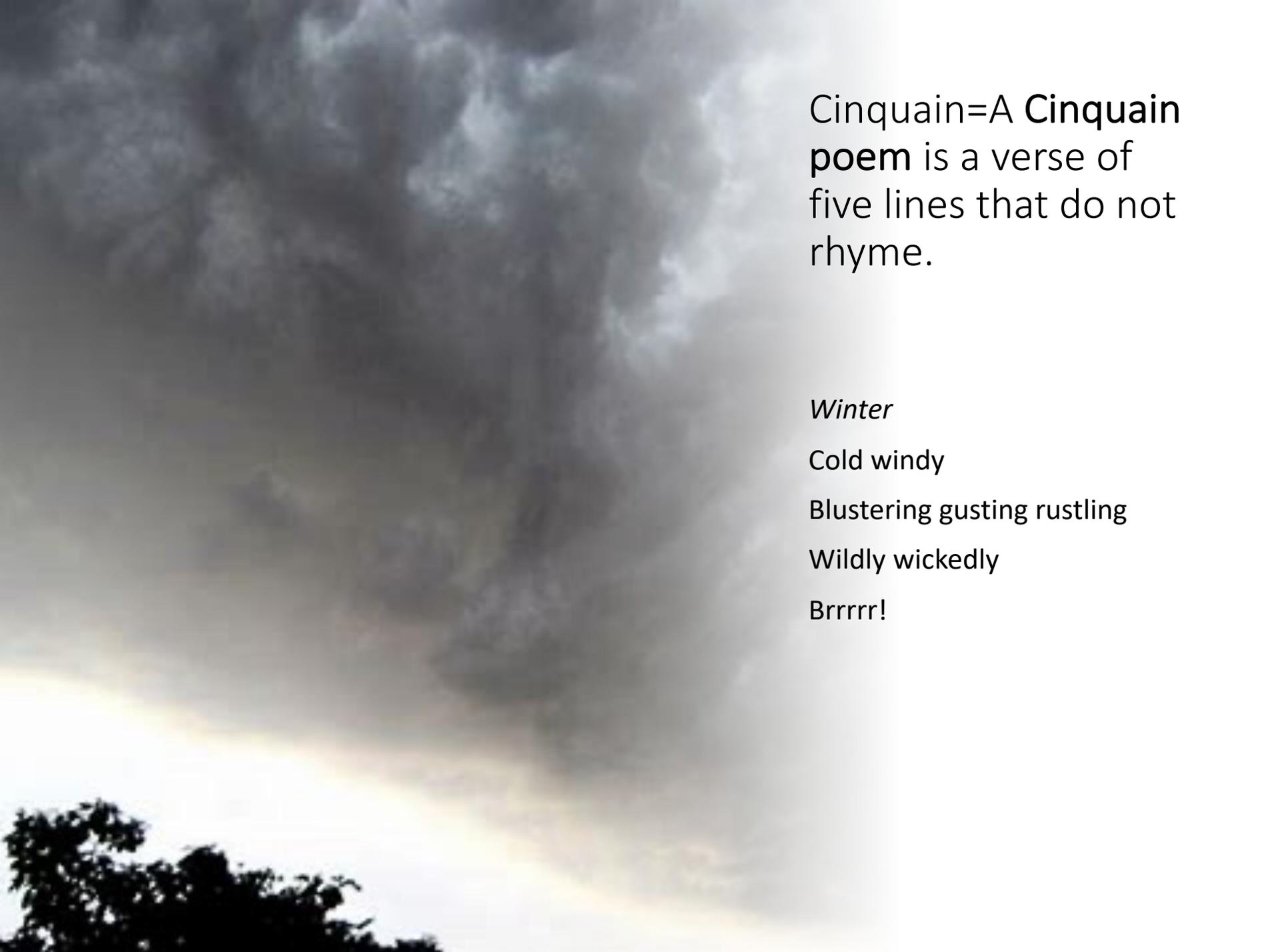
1 noun (person, thing, place, season)

2 adjectives (describing words)

3 verbs (action words)

2 adverbs (modifies verb, adjective, adverb)

1 summary word



Cinquain=A **Cinquain poem** is a verse of five lines that do not rhyme.

Winter

Cold windy

Blustering gusting rustling

Wildly wickedly

Brrrrr!

Cinquain—put in 1 noun, 2 adjectives, 3 verbs, 2 adverbs and 1 summary word—now you’ve written a cinquain!

NOUN 1	Winter
DESCRIBING WORD 2	Cold windy
VERBS 3	Blustering gusting rustling
DESCRIBING ACTION 2	Wildly wickedly
SUMMING UP 1	Brrrrr!

Cinquain—put in 1 noun, 2 adjectives, 3 verbs, 2 adverbs and 1 summary word—now you've written a cinquain!

PERSON, PLACE, THING 1	
DESCRIBING WORD 2	
ACTIONS 3	
DESCRIBING ACTION 2	
SUMMING UP 1	

A couplet is two
lines that rhyme.

Example:

See the bark

In the park.

Now you can write a
couplet.

	rhyme
	rhyme

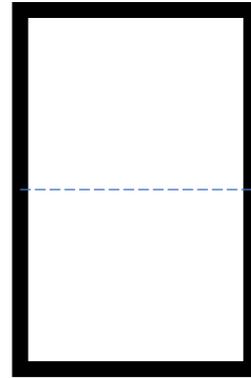
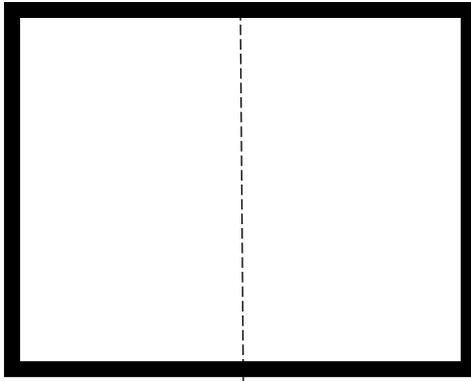
You can be a poet
too!

Write your poem here:

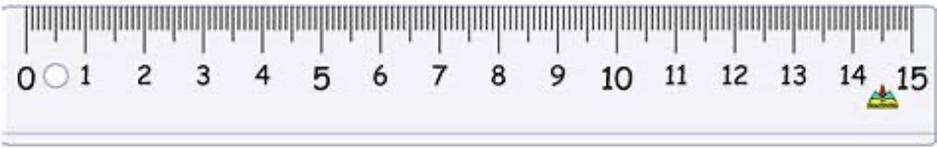
- And draw a picture!

You can make a gentle encounter journal!

1. Fold the paper in half
2. Then in half again.



Weather observations



My images

My wild and wonderful words



Everyone-can-be-a-poet snack!

Alphabet cereal, alphabet crackers,
or alphabet cookies!

