

WHAT'S UNIQUE ABOUT WOODLAND AND GREENSPACE?

PERSPECTIVE: being able to look toward the horizon. See the sky, look down below ground level, into ditches and drains. Not being inhibited by walls, doors and ceilings.



Using our SENSES: sight, touch, taste and smell. Developing an awareness of who we are and the space that we occupy.

EXPERIENCING THE UNEXPECTED, rain falls and changes the ground surface, the ground changes levels and texture as you walk, plants and branches spring back or trip you up.



MOVEMENT: indoors things only move when we move them. Outdoors there is movement everywhere, almost nothing is still. The ground, trees, traffic, birds, people, air, light.

FRESH AIR: it changes as the wind changes and brings different sounds and smells.



TEMPERATURE: changes throughout the day, session, hour by hour. It depends on where you stand and can change as you move between areas of shelter, open ground and when feeling the surfaces of a tree or a stone.

NEW PEOPLE: sharing public spaces means we meet familiar people in a new environment. This can open up many rich opportunities for communication, exploration and extending relationships.



NATURE: we are part of a wonderful world. By being kind and caring for and looking after all living things, we also benefit and can learn more about ourselves and how to be outside. It's a reciprocal relationship.