

Forest Bath



WHAT IS FOREST BATHING?

Forest bathing, or *shinrin-yoku*, is a type of nature therapy that originated in Japan in the early 1980s. Decreased stress, more awareness, and increased mental clarity are some of the benefits of forest bathing.

Try it yourself! Set a timer on your watch or phone for 15 minutes. Find a quiet place on the Trail. Sit down and start to observe. Breathe deeply. Keep an open mind, and try to focus on the wonderful nature around you. Before you start this activity, make sure you tell an adult where you'll be and what you're doing.

After your timer is done, write down how you're feeling in the space below.

Mindfulness Minute

The Ice Age Trail is more than a path through the woods. It is a place for mental and physical rejuvenation, a place to unwind after a hard day and enjoy the landscape of Wisconsin.