



Name: _____

Class: _____ Date: _____

Seeing Beauty Around You

An activity of "Come, 'bathe' in a forest"

Read **"Come, 'bathe' in a forest"** (page 18, *What's Up* March 2021). Shinrin Yoku (or forest bathing) can happen anywhere — as long as you walk amongst trees.

1. Take a quiet, uninterrupted walk around your school compound with a friend. Enjoy the greenery you see.
2. Look for "accidental art" while you walk. Accidental art is something that strikes you as beautiful although it is not typically seen as a work of art. For example, it could be a fallen branch on the ground, reflections on puddles, an insect-chewed leaf, and so on. Sketch three examples and write about them.

My examples of accidental art <i>(Draw)</i>	What makes them beautiful to me <i>(Write.)</i>

Enjoying the trees around you is good for your health and well-being. If you are also able to delight in beautiful "accidental art" in unexpected places, your walk will be an even richer experience!