



Always open  
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Always near

## LIVING ROOM

You should experience nature with all your senses.  
Daily contact with nature boosts the immune system  
and protects from diseases.



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## LIVING ROOM

### Enjoy the sky channel and nature live

Lie down on the ground or sit against a tree. What do the clouds and sky look like today? Is the wind making the treetops sway? Are there any birds flying in the sky? Settle down and listen to your surroundings. What do you hear? Can you distinguish any sounds of nature or is it totally quiet?



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## LIVING ROOM

### Find your favourite spot

Find yourself a spot where you can set yourself comfortably. Take a moment for yourself. Breathe in and breathe out in peace. Sense what the ground around you feels like. Do not get stuck on any emotions or thoughts. Let your eyes wander freely or close them. Root yourself to the ground and think of yourself as part of nature.



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# LIVING ROOM

## Find a tree of life that will listen to you

Which tree is calling to you? Choose a tree that you find pleasing and go to it. Hug the tree and tell it what you have in mind: your thoughts, worries, secrets or things you are grateful for. The tree will accept them as they are and will not pass them on.



## THE PLAYGROUND

In natural environments, children have diverse opportunities to practise their physical, social and mental skills. Our relationship with nature is strengthened in many ways the more time we spend in nature.



## THE PLAYGROUND

### Playing wild animals

Assign one of the players as an animal keeper. The keeper's job is to catch the runaway animals. The animal keeper picks an animal and calls out its name, for example, "the hare". The other players jump around like hares. The animal keeper's job is to bring all the animals together. Once all the animals have been caught, the keeper will pick another animal, or you can change the animal keeper. What kinds of animals could you actually find in the woods?



## THE PLAYGROUND

### Find nature's colour palette

Choose a person to lead the play. The leader picks a colour, such as brown, and tells it to the others. The others find something brown and touch it. The leader picks another colour and also decides which part of their body the players should use to touch the colour. Can you touch the colour using your forehead or belly? What kinds of combinations can you come up with and which colours do you find in nature?



## THE PLAYGROUND

### Build a hut

Is there a hut or some similar place nearby where you could play?  
If there are no ready-made huts in the woods, you can build one yourself. Do not cut off any branches of trees, just use the materials you find on the ground. You can also build a hut for the pleasure of the small inhabitants of the woods.



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## TRAINING HALL

It feels lighter to move around in nature than it does indoors. The natural environment challenges your balance and muscles in versatile ways. Moving in nature combines the benefits of physical exercise with the health effects of nature.





## Nature's gym - Warm-up

### Stepping exercise

Step up and down on a mound of earth, stone or tree stump of a suitable height. You can try different styles, such as raising the knee of your free leg each time you step up, or taking each step with a jump.

### Shadow boxing

Stand with your legs apart and your knees slightly bent. Make a fist, raise your hands in front of your body, and start doing shadow boxing moves. At the same time, you can keep bouncing from one foot to the other, turning in different directions.

### Balance exercise

Balance on one foot in different ways. First do the exercise on flat ground, then standing on a stump, stone or tree root. Try to hold each position for a while. You can also take turns and imitate the balancing positions you invent for each other.



## Nature's gym - Muscle strength

### Do push-ups against a tree

Position yourself an arm's length from the trunk of a broad tree, and place your palms shoulder-width apart against the trunk at shoulder height. Tilt forward and lean against the tree. Keep your torso straight. Push yourself back so that your arms straighten. Remember to keep your weight on your arms and your upper body. You can also pull yourself up against a tree by tilting away from the tree with your feet against it.

### Hanging from a tree branch

Find a sturdy but thin enough branch at an appropriate height and take hold of it with both hands. Lift your feet off the ground and hang there for as long as you can. You can also try pull-ups or abdominal crunches by lifting both your knees up at the same time.

### Piggyback squats (adult-child pair)

The child gets on the adult's back and takes a good hold with their hands and feet. The adult makes slow squats and gets up. Do as many repetitions as you can.

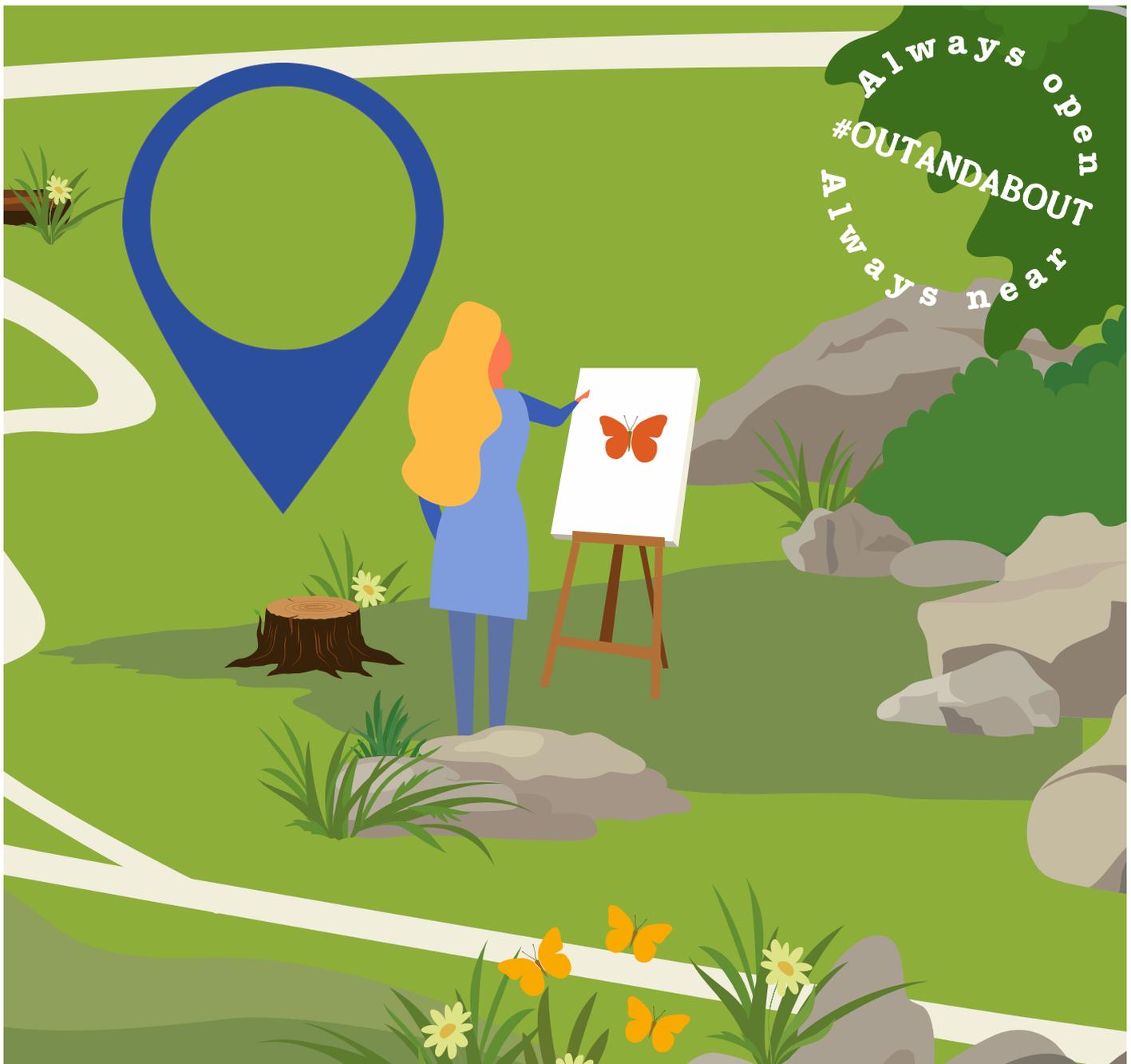


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## TRAINING HALL

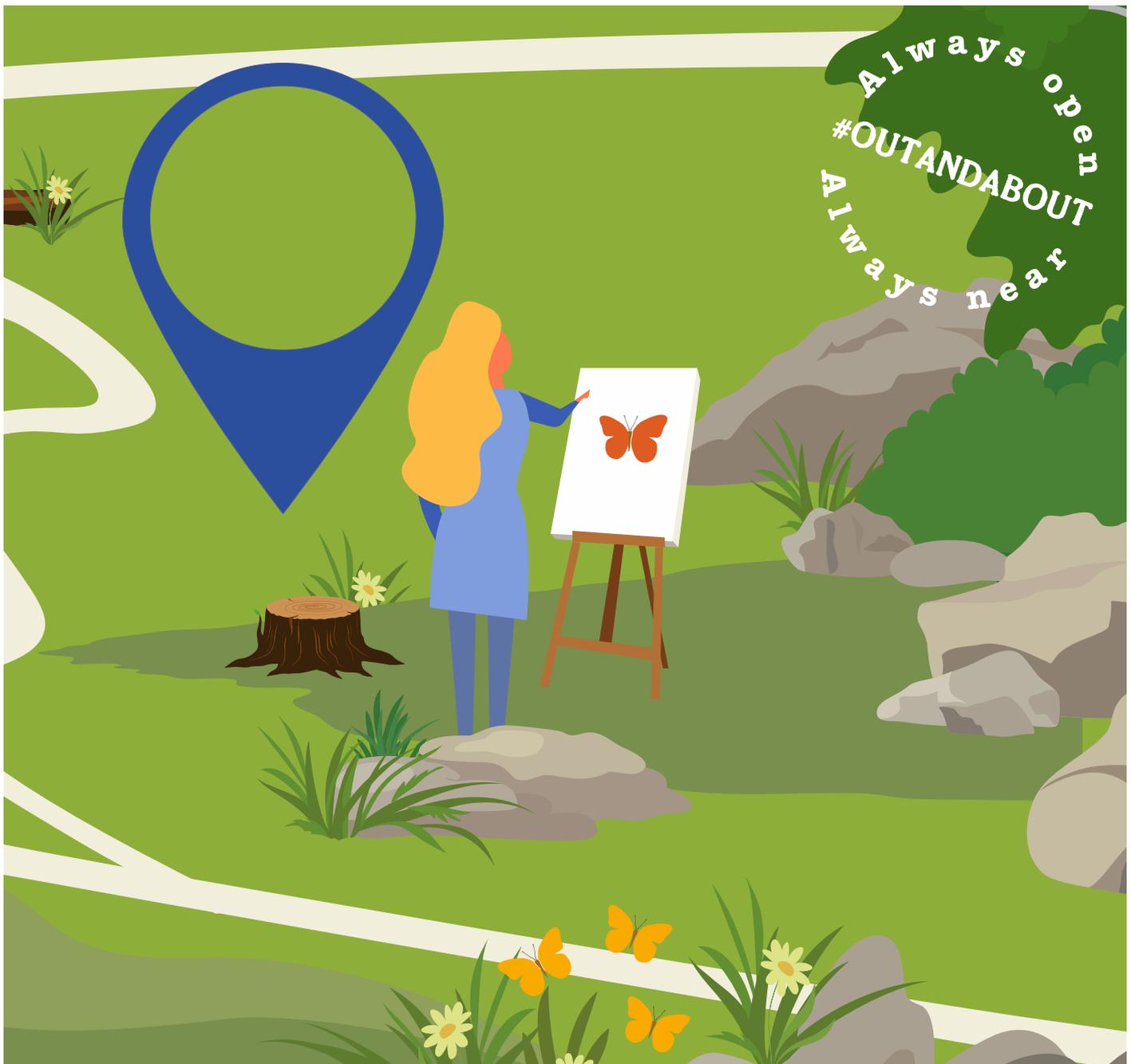
### Nature adventures

Show others the best adventure trails! Thread your way between the trees, go under the branches, jump up on stones and down again, leap over obstacles, and balance on the trunks of fallen trees. Look at the forest with the eyes of a parkour enthusiast to see what opportunities the obstacle course of nature offers!



# ART STUDIO

You can gather fallen leaves from the ground as natural material, but do not harm any living plants or trees. Similarly, do not collect lichen, moss or shrubs. Let flowers flourish where they grow, too, to bring joy to others.



# ART STUDIO

## Set up a statue park

What kinds of interesting things do you see around you? Form groups and make statues to describe what you observe around you. What would, for example, a stone, wind or an anthill look like if turned into a human statue. You can also make a performance of your observations. Guess what the others are pretending to be.



## Make nature art

Make a work of art together using natural materials. Gather branches, cones, leaves, or twigs from the ground, respecting everyman's rights (you must not cut off any live branches or collect moss). Make a work of art or a mandala using these materials. Go around and admire the works of art the others have created.



# ART STUDIO

## Fall in love with the colours of nature

Look around and search for different colours. Can you find five different shades of green? Arrange the colours you found from the lightest to the darkest. What other colours do you see? You can also photograph your collection of colours.



# RESEARCH LABORATORY

Diverse nature is more resistant to environmental changes than nature lacking diversity and it recovers faster. We can contribute to the preservation of natural diversity through our own actions.



## RESEARCH LABORATORY

### Observing the environment

Take time to observe your surroundings. Close your eyes. Take turns and ask each other questions, such as, where is the nearest stone or birch tree. Everyone will point at the object with their eyes closed. Open your eyes and see how closely you had observed your surroundings. You can move forward and repeat the exercise, or you can repeat it standing in the same place.



## RESEARCH LABORATORY

### Raise your binoculars

Make your hands into imaginary binoculars or a telescope and observe nature through them. What does the world look like? Can you find any surprising details? Observe nature at a close distance and from afar.

You can also observe nature from different perspectives, for example, while slithering like a snake, flying like a great tit or standing like an elk.

Come up with your own ways of looking at the environment.

Share your best observations, nice-looking leaves or strange patterns on the surface of a tree with others.



## RESEARCH LABORATORY

### **Journey of discovery using your senses**

Collect natural materials from the ground, respecting the everyman's rights (you must not cut off any live branches or collect moss). Let your friend feel what you have collected with their eyes closed. Does the material feel hard or soft, or perhaps rough or damp? Guess what it is and change roles.



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## PICNIC SITES

Both nature and other hikers benefit if you keep your excursions litter-free. Do not leave any litter behind you in nature. In addition, make sure that you leave as few traces as possible of your visit in nature.



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## PICNIC SITES

### Enjoy your picnic

Sit down and enjoy a packed lunch. At the same time, you can tell stories or exchange experiences with others. What kinds of experiences has the local nature given you? Have you found something interesting or realised something new? Do you know some interesting stories or facts about the place you are in? What has it been like here before now?



## PICNIC SITES

### Let's find traces of our neighbours

Find out what kinds of neighbours you have. What kinds of traces do you find in nature? Do you see traces left by animals, such as holes made by a woodpecker, animal droppings or bug trails, or can you spot signs left by humans in your surroundings? You can collect a pine needle or twig from the ground for each trace you find. Then tell the others what you have discovered. If you see any litter, clean it up. Please make sure you do not leave any traces of your visit in nature.



## Tips for future excursions

- 1.** Even simple snacks taste particularly good when enjoyed outdoors. Try different kinds of picnics. You can enjoy packed meals as a brunch or light supper.
- 2.** Choose easy finger food or nibbles, such as raisins or vegetables. On a picnic, you must also take care of good hand hygiene, with wet wipes, for example.
- 3.** Discard any extra wrappers and litter even before leaving home. Once-used food packages, such as margarine cartons and bread bags, make handy lunch packs. Take some bags with you to sort trash and carry dirty dishes.
- 4.** You can use insulated food containers, thermos bottles or cooler bags to carry both warm and cold snacks and meals. However, do not pack the products all jumbled together.