



FOREST AS HEALTHCARE CHOICE BOARD

Find a perfect fractal on a plant that interests you and draw it. Does it have fractals at many different scales (sizes)?

Lie on your stomach and smell the dirt for 5-10 breaths or 1 minute. Write down whether you liked the smell and how you felt.

Walk through an urban area paying attention to smells. Then go into a forest. What do you smell? Which smells did you prefer?


Play a game of tag, hide and seek or another common game in your school yard. Then repeat the game in the forest. How is it different? (Please be aware and choose places where this is appropriate as some parks have 'on trails' rules.)

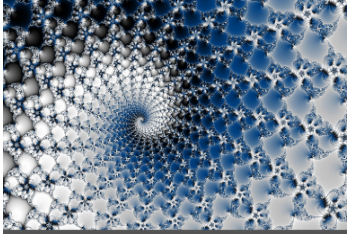
Do something for the forest. For example, speak to a tree or plant and thank it, remove invasive species or pick up some trash and take it to a garbage or recycling bin.

Take off your shoes in an area that is safe to do that and do a barefoot stand or walk for a few minutes. Can you feel the mud? What else? Can you imagine the many bacteria and mycelium underneath in the soil connecting to the trees?

Eyes closed or blindfolded spend 1-2 minutes feeling and even smelling the bark of a tree, getting to know it. If you were led here by a partner, can you identify your exact tree if you are led away once you take off your blindfold?

Find something in the forest you find interesting or beautiful. Spend some time with that thing. If it is alive and moving, watch and observe it. Imagine what it would be like to BE that being. Photograph, sketch or write about what you found and why you are drawn to it.





Fractal Scavenger Hunt

Find a fractal that repeats on at least 3 different levels (sizes)

Find a fractal that is brown

Find a fractal that is white, pink, purple or yellow

Find an exact (perfect) fractal

Find a fractal that is statistical (repeating but not perfect)

Find a fractal that is alive

Find a fractal that is larger than you

Find a fractal smaller than your fingertip

Find a fractal on you or another person

Find a fractal on an insect, spider or worm

Find a fractal on a human made structure

Find a fractal you can see from looking up at the forest canopy

