

Breathe In, Breathe Out

 **Step:** One - Get Connected!

 **Time:** 30 min

 **Space and materials:**

- A place in a natural setting (park, forest, lake, sea) – the less crowded, and the least noisy, the better; optional twist – a place in the heart of the city (opposite of above) and as noisy as it gets;
- Post-its;
- Board/poster.

 **Description of the tool**

1. Arrange for the participants to spend some time outside in a natural setting. Once you arrive there, ask them to explore the natural setting and to take some time (up to 10 minutes) to sit still, close their eyes and take deep breaths. They can do it in any arrangement they wish (individually, pairs, small teams, etc.). When you ask the participants to explore the setting, ask them to listen to the sounds that surround them and question where those sounds come from and what causes the evident movement.
2. After the 10 minutes ask them to 'return' and proceed back to the room or workshop area for discussion.
3. Discussion can take place in the setting of exploration or the space participants were before 'tuning out'. During the discussion, you can ask the participants to write on post-it's the feelings and thoughts that they have experienced, the importance of what they have experienced and the bigger picture and stick them on the board. Alternatively, you can have them engage in discussion while you take important notes on the board for further reflection.

 **Additional remarks**

For an alternative twist and depending on the group, you can apply the same principle as above in a crowded, noisy and polluted urban environment and see/compare the effects.