



connecting with the outside

module 2

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This short, outdoor activity invites students to use their senses to appreciate their connection to others, and the natural and human worlds. While this activity is great outdoors near forests and water, it also works well in any outdoor setting, including in the middle of a city. It is adapted from a grounding technique often credited to therapist Betty Alice Erickson. Understanding humans' roles and responsibilities within climate change requires us to see each ourselves as part of this world and not apart from it. This grounding exercise invites students to begin noticing the world they are living in. In the next activity, students will begin to draw connections between themselves and this world. This activity can be done as often as desired.

Activity breakdown

①

Invite students to sit outside on the ground. Take a few deep breaths together. Let the students know you will be asking them to notice three things around them with different senses. Depending on group size and age, teachers may ask students to share one or several of their three things.

②

Ask students to take note of three things or beings they see around them. These can include beings like fellow students, animals or plants. They can also include the sky, clouds, cars, or buildings.

③

Ask students to identify two things they can feel. This may include the ground under their feet, grass under their hands, the sun or wind on their face, or their clothing or shoes on their body.

④

Ask students to think of one thing they can hear. These may include animal or bird sounds, movement of coughing of a friend, a body of water, or cars and people talking.

⑤

*Discuss with students how they felt doing this activity. *Did they notice something different from what they usually notice? How did the activity make them feel?**

Conclusion

Explain to students that we are always existing with many other humans, animals, plants, and other parts of our world such as the sun, clouds, air, and bodies of water. We depend on each other in many ways. Humans for example, depend on many of these elements and beings for many things from food and clothing, to shelter and beauty. In the following activities, students will explore this connection further.