

Reconnect with the wild and explore the wonders of the forest. Make time for yourself through meditation and mindfulness and experience the restorative powers of the natural world. Here's five ways to enhance your forest walks, each one representing one of the five entry categories used in the book.



Follow an Insect



Children do not need to be instructed to dilly-dally, and perhaps this is the fundamental difference between them and adults. The truth is, grown-ups think everything has to have a purpose to be worth doing, and sadly, aimlessly wandering hardly ever makes it on to the day's agenda.

Shadow Tracing

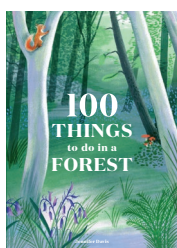
The aim of the book is to get you outside and absorbing the beauty of the natural world, and shadow tracing is a peaceful and satisfying activity as you could do on a sunny afternoon in a woodland glade. But luckily it is also one of those activities that you can do in a park, at a bus stop or even sitting at your desk at work or at home (provided you've got a window nearby).



Hang in a Hammock



Far too many people do not know the joy of whiling away an afternoon swinging in the shade, and that alone probably accounts for the existence of such unlikely inventions as scalp massages and foam stress balls. Next time you're feeling low, instead of buying yourself the latest energizing desk lamp, just go to the forest and swing in a hammock.



100 Things to do in a Forest
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41



Summer Solstice Celebrations


Some might think it necessary to have grown up in a hippy commune in the 60s to delight in the revelries of the summer solstice, but this would be a mistake, and a shame. After all, if nothing else, the summer solstice marks the longest day of the year, which is something to celebrate no matter where you fall on the hippy spectrum.


Hedgerow Jam


It's often said that nothing tastes better than food that's eaten outside. Let's take that one step further and say there is truly nothing better than food that you've foraged, prepared, cooked and then eaten in a forest. All the moments of the day, the memory of the picking and the joy of having worked for your food combine to add a flavour and richness that you simply can't find in a supermarket.





Category Key

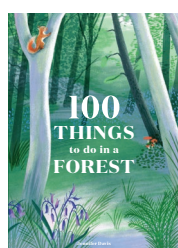
 Discovering the forest on your walk

 Creating, making and interacting

 Woodland skills and bushcraft

 Meditation, mindfulness and relaxation

 Eating and drinking



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