WHITLEY WILDLIFE
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CHECKLIST

Your first forest bathing session

- [ ] Choose a nearby woodland or green space where you feel safe
- [ ] Set aside at least one hour with no fixed route or goal
- [ ] Leave your phone silent or at home
- [ ] Walk slowly until you find a spot that draws you, then stop
- [ ] Close your eyes and listen to the layers of sound around you
- [ ] Open your eyes and notice colours, light and movement
- [ ] Touch bark, moss or the ground and notice texture and temperature
- [ ] When your thoughts drift, name them and return to your senses
- [ ] Walk out slowly when you are ready, giving yourself time to adjust