

Workshop Plan: Wilderness Awareness

Length: 60+ minutes

Objectives:

This workshop will introduce activities that will help expand our senses in order to connect with nature on a deeper level. The focus will be to enhance people's connection to the world around them through developing a heightened sensory awareness. This will be done through fox walking, deer ears, and owl eyes by minds eye imagining and extreme focus.

Lesson Overview:

(10 minutes) **Opening Circle:** Go around in Circle and share important information about themselves to get the workshop started. Everyone should share their 1) name 2) animal that speaks to them the most 3) experience with wilderness awareness skills

(5 minutes) **Background:** I will briefly describe my background with wilderness awareness and how I began getting into the subject. I will go over a brief history of the culture and some books that I have been reading and who I have been studying with in particular.

(5 minutes) **Opening Meditation:** I will guide participants in a sensory awareness meditation to prepare everyone for the activities

(5 minutes) **Owl Eyes:** Introduce participants with owl eyes and the symbolic nature of the owl and how we can use the owl for its magical and spiritual powers. Use "art of questioning" to encourage students to share qualities that they know of about the owl.

(5 minutes) **Deer Ears:** Introduce students with deer eyes and the symbolic nature of the deer. Ask participants to describe qualities of a deer and how we can use these qualities to develop a deeper sense of awareness in the wild. Use "art of questioning."

(20 minutes) **Fox Walk:** Talk about the qualities of a fox and how we can use fox walking to track animals in the wild. Share a story of Stalking Wolf from the book "Tracker" by Tom Brown and how he used fox walking to track animals and native American tribes in the wilderness. Begin to lead the group in a fox walk into the woods. Remind them to turn on their owl eyes and deer ears and become one with the animal that they are imitating. Remind them to notice the heightened sensations that they will begin to feel as they enter the woods.

(10 minutes) **Follow up:** Follow-up with a group sharing circle and use "the art of questioning" to the circle and question them about their experiences.