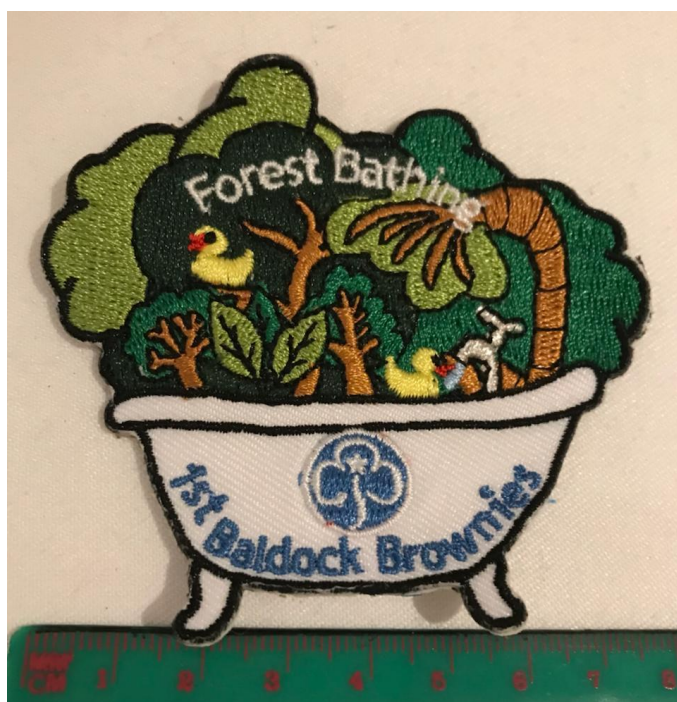


## Forest Bathing Challenge Badge



### What is forest bathing you may ask?

Well, you don't need a swimsuit or a large bathroom, all you need is a forest or some woods.

Forest bathing or 'shinrin-yoku' was first developed in Japan in the 1980s. The results showed time spent in mindful exploration in a forest can reduce stress, lower cortisol (stress hormone) levels and improve concentration and memory.

The key element for this badge within all sections of Girlguiding is to go for a walk in a forest or wood. While you are there, you should think openly and thoughtfully. Simply slow down and immerse yourself in the natural wonder of a forest or wood.

You can decide what other activities your unit need to do to gain this badge. We have included **colour-coded programme links** for each section. Some skills builders can be completed in full whilst completing this badge.

We have created this badge to support our fundraising for Girlguiding via a Discover Adventure Peru Trek. We were booked on to the Girlguiding Great Wall of China Trek in October 2020 which has been cancelled due to coronavirus. We are now walking the Inca Trail with Discover Adventure in October 2022.



## Badge Order Form

**Cost: £1.30 per badge** (Size of badge = 75mm)

£2.08 for 1-5 badges, £2.45 for 6-18 badges, £3.05 for 19-30 badges, £3.55 for 31-49 badges, £4.10 for 50+.  
Where possible, we will deliver badges to units local to us, rather than posting.

### BACS payment preferred

#### **BACS Details**

Account Name: First Baldock Brownie Pack

Sort Code: 20-41-12

Account Number: 60132225

Reference: 'Unit Name' 'Number of badges ordered' e.g. 1stBaldock30

If paid by BACS, email [lisa.gascoine@btinternet.com](mailto:lisa.gascoine@btinternet.com) with the following information:

Your name

Unit name

Name of the badge you are ordering (Forest Bathing)

Number of badges

Address for badges to be posted to

Date paid and reference used

*\*International postage will incur an additional charge – please email prior to ordering\**

✂-----

Cheques made payable to **First Baldock Brownie Pack**

Your name: .....Unit name: .....

Your email address/contact number: .....

*(We have asked for contact details in case of any problems with payment)*

Badge name: Forest Bathing

Number of badges: .....@ £1.30 per badge + postage as above = £.....

Address for badges to be posted to: .....

.....

.....

Post this form with cheque to:

1<sup>st</sup> Baldock Brownies

C/o Lisa Patterson

71 Larkins Close

Baldock

SG7 5DG

# Forest Bathing

## Part 1

The key element for this badge is to go for a walk in a forest or wood.

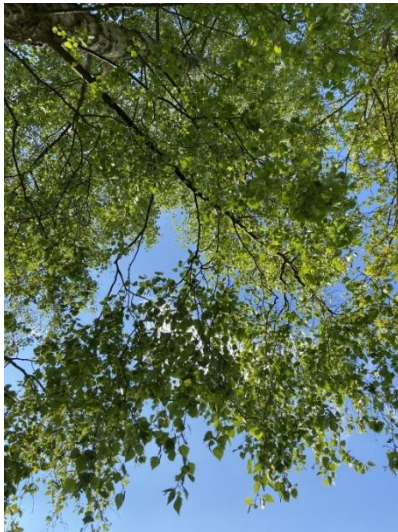
You should stop, lie down on the floor and look up at the trees above.

Be aware of your senses and how a forest or wood can make you feel.

- Sight: Take in the wonder of the trees that tower above you.
- Sounds: Shut your eyes to fully take in the sounds around you and be aware of your body starting to relax. Listen to the wind through the trees.
- Smell: Be aware of the smells of the forest/wood.
- Touch: Be aware of the textures of the hard and rough bark of the trees and the breeze on your face.

More information on forest bathing on the National Trust website:

<https://www.nationaltrust.org.uk/lists/a-beginners-guide-to-forest-bathing>



## Part 2

During your walk:

- Collect natural objects which can be used for other activities in later weeks or to start a collection.
- Consider the wood or forest as part of your community and how you could take action to help it to thrive.
- Learn and understand how to keep yourself and others safe while in a wood or forest.



## Part 3: Other Activities

Included here are ideas of other activities to complete alongside forest bathing. You could do as many or as few as you would like. After this are pages with colour coded programme links linking to forest bathing and these activities for Rainbows, Brownies and Guides. Rangers and Leaders should complete part 1 and 2 and part 4.

### Mindfulness

Forest Bathing is a form of mindfulness. You could link this badge to other methods of mindfulness and relaxation.

Links to the Be Well theme for all sections – UMA, skills builders and interest badges: Healthy Mind, Mindfulness and Meditation

- <https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>
- <https://www.nytimes.com/guides/well/mindfulness-for-children>
- <https://www.girlguiding.org.uk/what-we-do/our-stories-and-news/blogs/well-being-activities/>

### Relaxing exercise

Try yoga, pilates, stretching or certain types of dancing

### Art

- Paint a picture of a tree or trees in each of the 4 seasons
- Make a picture, collage or sculpture with items collected on your walk
- Try leaf rubbings

### Saving trees

- Learn why trees are so important for the environment and how you can protect trees in your local area: <https://treecouncil.org.uk/>
- You could try making paper out of scrap paper that would otherwise be thrown away: <https://www.scholastic.com/parents/school-success/learning-toolkit-blog/how-to-make-your-own-recycled-paper.html>

### Family tree

- Understand your own roots and draw a family tree. See if you can find out some interesting facts.

### Grow leaves

- Try growing lettuce, cress or a herb such as basil.

### Taste leaves

- Taste as many leaves as you can and make a list of all the leaves you've eaten e.g. mint, basil, lettuce, rocket, spinach etc. You might be surprised how many leaves you eat every day.
- You could also learn about what leaves you should not touch or eat as this could be dangerous.
- <https://www.outdoorhappens.com/can-you-eat-bay-leaves-14-others-your-edible-leaves-guide-part-1/>





## Rainbows Programme Links

For the Rainbow section **Have adventure** and **Be Well** has the greatest links & thus links to the girls completing the **Nature badge** and or **Healthy Mind** at home or with assistance through meetings.

### Interest Badges

- **Be Well - Healthy mind – Section 1 – Sensory Safari = Go for a walk in a forest.** (Use all your five senses as you walk)
- **Have adventures – Nature – Section 2 – Woodland collection= collect lots of different leaves.**
- **Express myself – Story teller = Be inspired by nature to help you make your own story – tell stories under the trees.**

### UMAs

- **Express Myself – Storytelling – Story trail = Go on an adventure into a wood or forest with a furry friend (Teddy) and use your imagination to turn a place you know into an amazing story.**
- **Express Myself – Storytelling – Storytelling sticks = the trick is a stick!**
- **Take action – Community action – Rainbow Survey – Take a closer look: what do you like / what do you not like e.g. Litter. 45mins.**
- **Have Adventures Exploring nature: Birdie builders- make a nest from twigs & leaves. 20mins**
- **Have Adventures Exploring nature: Hidden nature- feeling natural objects. 15mins**
- **Have Adventures Exploring nature: Bug hunt – Be a creepy crawlies detective. 30mins**
- **Have Adventures Exploring nature: Tree-mendous senses- bark & leaf rubbing. 20mins**
- **Have Adventures Survival skills: A race against time – make a branch den. 30mins**
- **Have Adventures Survival skills: Secrets of survival - how to keep safe if you got lost. 10mins**
- **Be Well PS&SD: Out and about – who can help if you get lost. (Link to above UMA). 45 mins**
- **Have adventures Survival skills: Trails and Trackers- make trails using leaves and twigs. 30 mins**

### Skills Builders

- **Express Myself Innovate Stage 2: Mine time: Use natural objects that you find on your walk, use your imagination to tell a story.**
- **Skills for my future Lead Stage 2: Lead: Expeditions always need leaders, so try out your leadership skills when out on your walk in the woods.**
- **Be Well Feel good Stage 1: Sing a song of slumber - Going on a walk – forest bathing helps sleep, find out other ways to help you sleep & the importance of sleep. 20 mins**



The whole of Be Well First Aid Stage 1 can be completed during your walk in the woods:

- Learn how to treat an animal or insect bite: This may happen while out on your walk in the woods. 30 mins
- Get the right kit – Leaders will need to take a first aid kit on the walk – learn what is inside the kit. 45mins
- Mend a friend - On your walk someone may fall over – learn how to treat a minor cut or graze. 30mins.
- Colour my mood - Going on a walk - Forest bathing is said to make you happy. Understand your emotions - do you feel happy or sad? 30mins.
- Kill the germs - On returning from your walk you should wash your hands. Find out why it is so important to wash your hands after touching things on your walk. 45mins.

### Other activities

**Art:** Interest badge: **Have Adventures: Nature – Section 1: Draw the seasons & Express Myself: Drawing – Section 1: Drawing the trees**

**Family tree:** Interest badge link: **Know myself: Section 1: Make a family tree & Section 2: Helping hands = draw around your hands to create the branches of the tree**

**Saving Trees:** **UMA Take action: Save the planet – Rainbow recycling centre = Find out why it so important that we reduce paper use and recycle paper. UMA Skills for my Future: Magnificent machines – Secret Strength = test paper to its limits**

**Eat leaves:** Interest badge Link: **Be Well: Fruit and Veg - Be a detective section = See how many are leaves e.g. Lettuce, spinach, Basil, rocket**

**Grow leaves:** Interest badge link: **Have adventures - Nature – Section 3 – Grow a plant**

## **Brownies Programme Links**

### Interest Badges

- **Be Well Mindfulness: Go for a walk in a forest (Go Forest Bathing and use all your five senses as you walk)**
- **Know myself Collecting: Section 2 = Woodland collection - collect lots of different leaves and or items from trees e.g. conkers, acorns & keys.**
- **Take Action Speaking out: Are you and your pack the next Greta Thunberg? Share your opinions about the importance of green spaces of woods and forests near where you live.**

### Skills Builders

**Know myself Reflect Stage 2: Look, feel jump - Exploring feeling. How do you feel while you are walking and being in the wood or forest?**



## First Aid Skills Builder Stage 2

- What do we need? – Go Forest Bathing and see how this helps promote good mental health
- Help! – GO forest bathing and consider how and what to do should you need help when outside

## Feel Good Skills Builder Stage 2 (Mindfulness)

- Good Nights (45 minutes) - Going 'Forest bathing' promotes a good night sleep= report back to your leader how well you slept after Brownies
- Evening routines and evening plans. Pyjama party for an evening
- Finding Fluids (45 minutes) – understand how much water you should drink.
- Use it to move it (30 minutes) – discover where your muscles are, move your body – try learning some yoga or pilates (relaxing exercise)
- Super girl – confidence

## Feel Good Skills Builder Stage 3

- Build it with food (45 minutes) – links to eating leaves
- Happy thoughts (20 minutes) – creating a mindfulness tool and practising a mindfulness technique
- More motivated to move (60 minutes) Go Forest bathing with your brownie pack and inspire others to come along too or take your family on their own Forest bathing trip.
- Strike a pose (30 minutes) – body language and confidence
- Count bubbles not sheep (45 minutes)

## First Aid Skills Builder Stage 3

- Are you okay? - Explore different emotions and recognise what people around you are feeling. 30 mins
- Think fast – Go forest bathing and consider how and what to do if you should need to do first aid, how to think fast and still stay calm. 45 mins

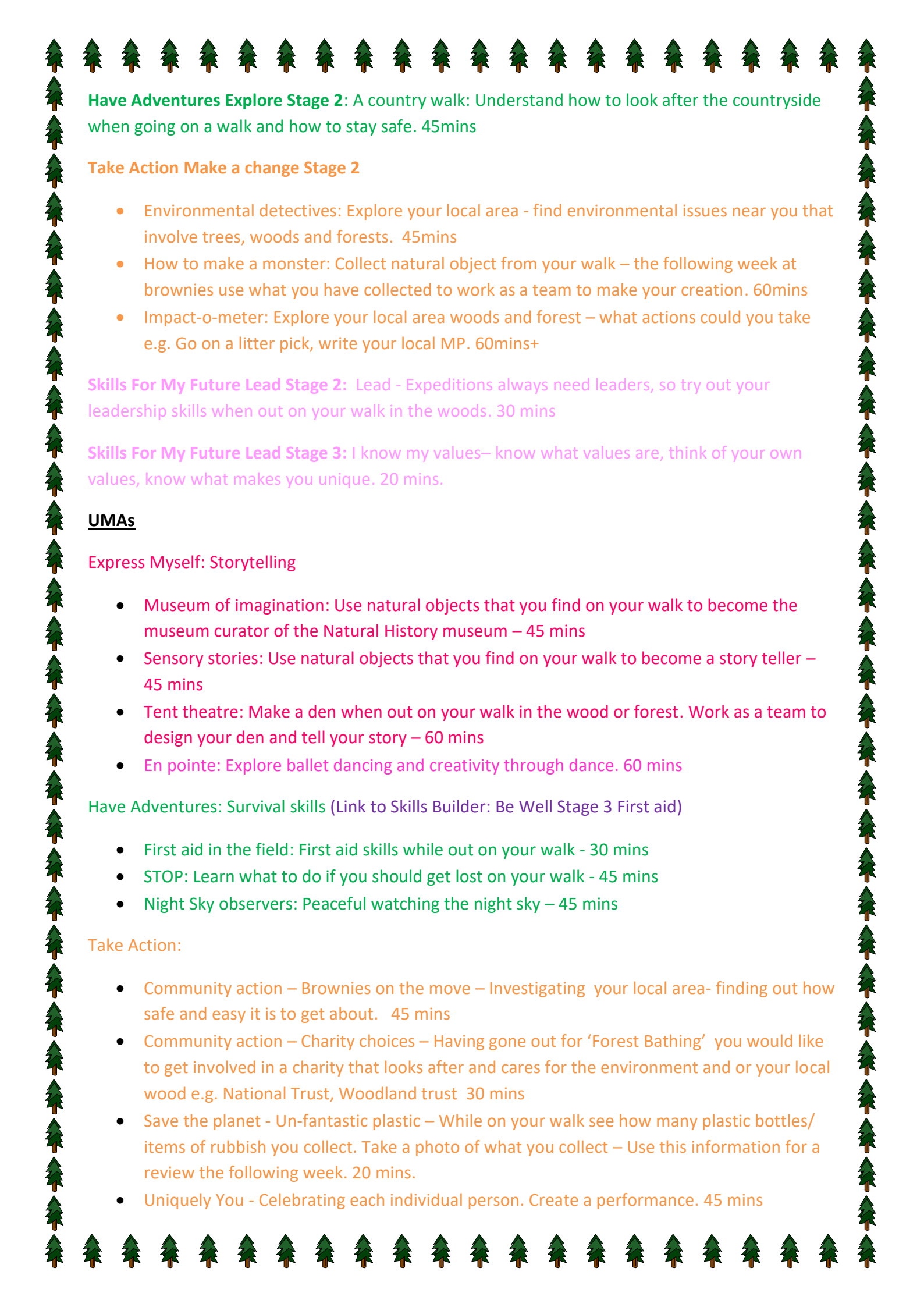
**Express Myself Innovate Stage 2:** Mime time - Use natural objects that you find on your walk and your imagination to tell a story. 30 mins

**Express Myself Innovate Stage 3:** Speedy explorers. Make zip line between two trees – 60 mins

**Express myself Communicate stage 3:** Exploring emojis, 30 mins

**Have Adventures Camp Stage 3:** Invent a gadget. Collect branches on your wood & forest walk. At another meeting get creative & invent a camping gadget. 60 mins

**Have Adventures Explore Stage 2:** Happy feet: Understand how to keep your feet happy when going on a walk



**Have Adventures Explore Stage 2:** A country walk: Understand how to look after the countryside when going on a walk and how to stay safe. 45mins

**Take Action Make a change Stage 2**

- Environmental detectives: Explore your local area - find environmental issues near you that involve trees, woods and forests. 45mins
- How to make a monster: Collect natural object from your walk – the following week at brownies use what you have collected to work as a team to make your creation. 60mins
- Impact-o-meter: Explore your local area woods and forest – what actions could you take e.g. Go on a litter pick, write your local MP. 60mins+

**Skills For My Future Lead Stage 2:** Lead - Expeditions always need leaders, so try out your leadership skills when out on your walk in the woods. 30 mins

**Skills For My Future Lead Stage 3:** I know my values– know what values are, think of your own values, know what makes you unique. 20 mins.

**UMAs**

**Express Myself: Storytelling**

- Museum of imagination: Use natural objects that you find on your walk to become the museum curator of the Natural History museum – 45 mins
- Sensory stories: Use natural objects that you find on your walk to become a story teller – 45 mins
- Tent theatre: Make a den when out on your walk in the wood or forest. Work as a team to design your den and tell your story – 60 mins
- En pointe: Explore ballet dancing and creativity through dance. 60 mins

**Have Adventures: Survival skills** (Link to Skills Builder: Be Well Stage 3 First aid)

- First aid in the field: First aid skills while out on your walk - 30 mins
- STOP: Learn what to do if you should get lost on your walk - 45 mins
- Night Sky observers: Peaceful watching the night sky – 45 mins

**Take Action:**

- Community action – Brownies on the move – Investigating your local area- finding out how safe and easy it is to get about. 45 mins
- Community action – Charity choices – Having gone out for ‘Forest Bathing’ you would like to get involved in a charity that looks after and cares for the environment and or your local wood e.g. National Trust, Woodland trust 30 mins
- Save the planet - Un-fantastic plastic – While on your walk see how many plastic bottles/ items of rubbish you collect. Take a photo of what you collect – Use this information for a review the following week. 20 mins.
- Uniquely You - Celebrating each individual person. Create a performance. 45 mins



- 
- One good turn leads to another - Small acts of kindness can make a big difference. 30 mins.
  - Positive Pebbles. (Links to mindfulness) 30 minutes.

**Art:** Interest badge Express myself – Painting Section 1 – Be inspired. Consider linking to famous art using trees such as those by Andy Goldsworthy.

**Express Myself Innovate Stage 3:** A work of art - Be inspired by a story, make something unique, create art using different methods

**Eat leaves:** Take action – Save the Planet – Local munch – Investigating and find out where different foods come from e.g. Different types of herbs which are leaves come from all around the world 45 mins

**Grow leaves:** Interest badge Have adventures - Nature Section 3: Grow a plant



## Guides: Programme Links

### Be Well

#### Interest badges

- Meditation Section 1: Find a calm and quiet environment to relax in – Under a tree.
- Fitness Section 2: Healthy mind, healthy body – Mental health – relax and be calm under a tree.
- Natural remedies Section 1: Ingredients investigation – using nature

#### Skill builders

- Feel Good Stage 4 Stressful: Shed your stress and pause the pressure - Go sit under a tree and try to clear your mind of your negative thoughts
- Feel Good Stage 5 Let it go: Channel your inner calm! Explore ways (go sit under a tree) to organise your mind and recognise unhelpful thoughts.
- First Aid Stage 4 Take a moment: A brilliant way to help someone in need is to keep calm. Be the calm in the storm. Learn how to not get so stressed in difficult situations.

### Have adventures

#### Interest badges

- Geocaching – Use different trees in your neighbourhood as part of your trail and encourage others to be calm and relaxed under trees.
- Navigator – Become a tree tourist in your local area and be able to send others to trees and are amazing to sit under to ‘forest bath’.
- Whittling – When out ‘forest bathing’ collect interesting wood that can be used in section 2

#### Skill builders

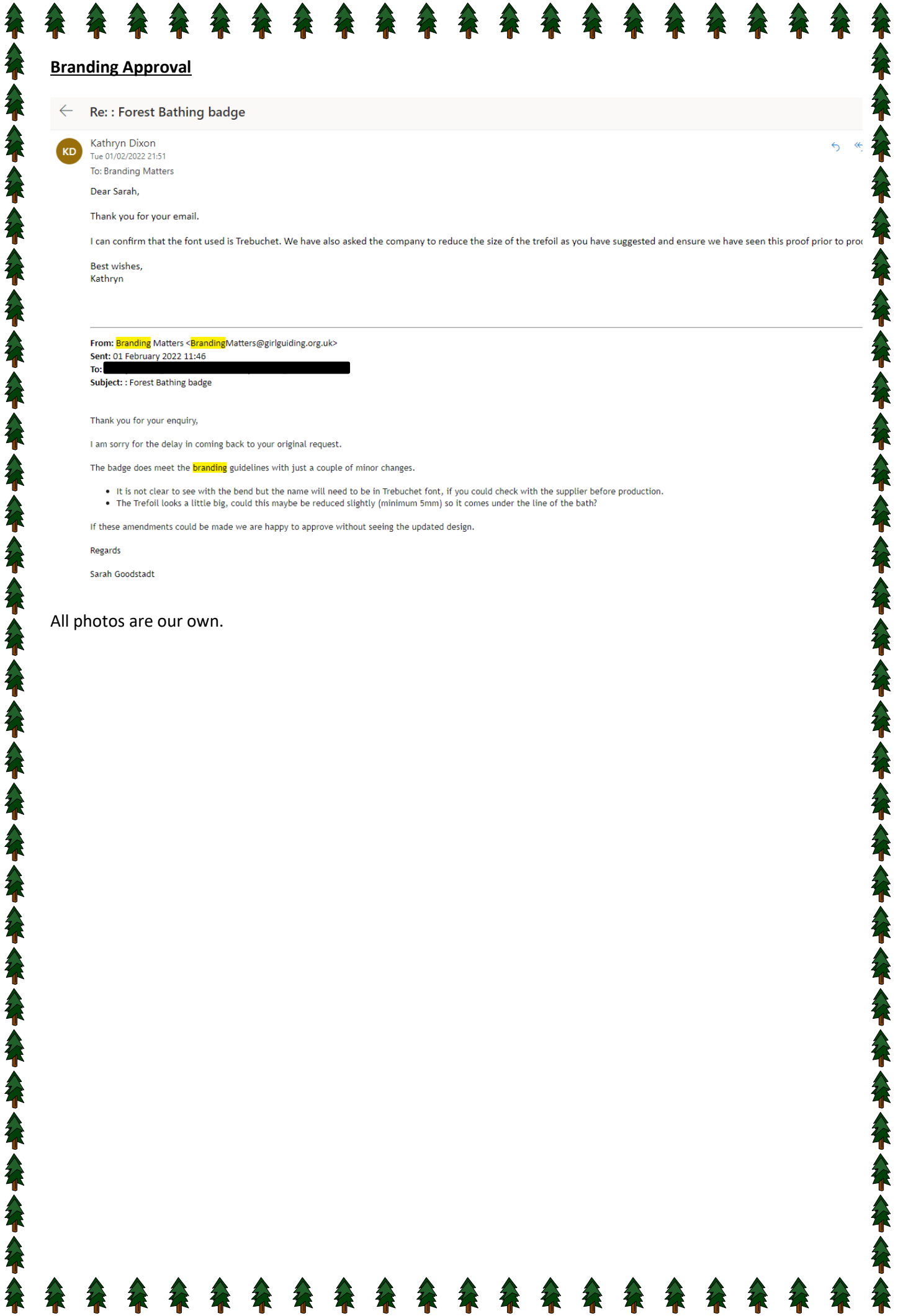
- Explore Stage 5: G.P Yes – link to Geocaching interest badge
- Explore Stage 5: Wash it off – while out forest bathing, discover how you can stay clean while you’re exploring
- Explore Stage 5: Root out the way – Put the maps away and find out how to follow nature’s signposts – Trees.

**Part 4: Rangers and Leaders**

**Rescue a tree:** Many trees are being invaded by ivy. Help a tree to thrive by removing as much ivy as possible.




**Plant a tree or hedgerow**



## Branding Approval

← Re: : Forest Bathing badge

 Kathryn Dixon  
Tue 01/02/2022 21:51  
To: Branding Matters

Dear Sarah,

Thank you for your email.

I can confirm that the font used is Trebuchet. We have also asked the company to reduce the size of the trefoil as you have suggested and ensure we have seen this proof prior to production.

Best wishes,  
Kathryn

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**From:** Branding Matters <BrandingMatters@girlguiding.org.uk>  
**Sent:** 01 February 2022 11:46  
**To:** [REDACTED]  
**Subject:** : Forest Bathing badge

Thank you for your enquiry,

I am sorry for the delay in coming back to your original request.

The badge does meet the branding guidelines with just a couple of minor changes.

- It is not clear to see with the bend but the name will need to be in Trebuchet font, if you could check with the supplier before production.
- The Trefoil looks a little big, could this maybe be reduced slightly (minimum 5mm) so it comes under the line of the bath?

If these amendments could be made we are happy to approve without seeing the updated design.

Regards

Sarah Goodstadt

All photos are our own.