

Wellbeing & Writing Workshop



Sharing & Caring
Thoughts & Ideas

www.lgoal.org

CIC Registration 9435120

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OUTSIDE AND
LEARN

Manage Your Wellbeing Take Time



- ☞ Take time out
- ☞ Stop and take notice
- ☞ Be in the moment not the past or future
- ☞ Empty mind of worry
- ☞ This helps with difficult thoughts and feelings, stress and anxiety

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Mindful



Mindfulness exercise

- Breathing
- Body scan
- Think about the colours in nature at this time of year, how it feels to look at the sky.

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Memories



In a few lines describe the first memory that comes to your head from the below prompts:-

- A place in nature you went to as a child
- A place in nature you visited last year
- A place in nature where you have felt the most peaceful

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- A place in nature you would love to be right now
- When you have seen the night sky at it's clearest, the stars at the brightest
- The first time you saw the sea.

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Look at the Trees



Tree Personality



Imagine if the trees were people, what would they be like?

- Describe them physically, what would their personalities be like?
- Imagine these two people met, where would that be?
- What would they say?

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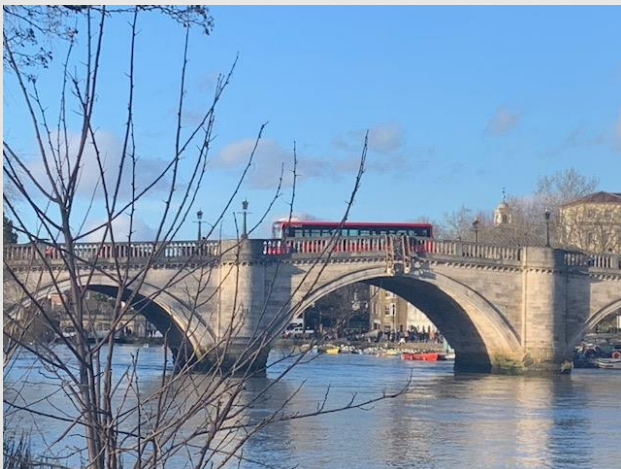
Pictures in my mind



Choose a picture



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- ☞ Why did you chose that object.
- ☞ What did you like about it?
- ☞ Was there anything on the page you didn't like?
- ☞ Can you explain this in words

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Share your object



- ☞ When it is your turn, share your object with the group.
 - ☞ Why did you choose this object?
 - ☞ What did it make you think about?
 - ☞ What is the story behind the object?
 - ☞ What's it made of?
-
- ☞ Questions from the group about the object

Think of a person



If they were a They would be.... Because....

- Colour
- Food
- City
- Item of furniture
- Musical instrument
- Weather
- Beverage
- Animal



How do you imagine this group?

This group is ..

- ⌘ A colour
- ⌘ A smell
- ⌘ A taste
- ⌘ An animal
- ⌘ A place
- ⌘ A sound



Life in another light



3



3



3



Infrared filters



Saturn in Infrared View

