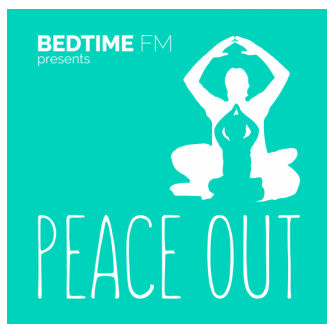


Peace Out

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Into the Forest

Into the Forest

Written and Narrated by Chanel Tsang

Today we're going to use our senses and imaginations to explore a special forest—your forest! We'll also introduce the concept of shinrin-yoku, or forest bathing, and encourage everyone to go outdoors and spend time in nature after listening to this relaxation story. More about forest bathing can be found at <http://www.shinrin-yoku.org/shinrin-yoku.html>. This story was written for

A relaxation story suitable for children ages 6–12 years old.

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