

SENSE OF TOUCH – TEXTURE

This card is intended to help you gently guide participants into experiencing nature through the sense of touch. The reflections, tips and examples included here may help you notice how powerful touch can be in bringing us back to the “here and now.”

Touch is one of the most fundamental ways of experiencing the world – especially for people with visual impairments or communication difficulties, for whom it can be an essential means of exploring reality. Bear in mind that people who are very sensitive to touch may need

more space, more time, and a gentler approach.

Touch can bring joy, but it can also cause discomfort — always give the option to choose.

Offering different ways of touching is the key to an inclusive walk.

HOW TO TOUCH THE FOREST:

- Hands — roots, bark, leaves, stones, pine cones, moss.
- Feet — encouraging awareness of the ground, whether with shoes on or barefoot.
- Back, shoulders — hugging a tree, lying down on the grass, leaning against a trunk.
- Cheeks, face — feeling the breeze, a ray of sunshine, the coolness of a leaf.
- Presence — the forest touches you when you pause. When you are simply there.

ASK YOURSELF:

- What else could I do to ensure that every participant has the chance to connect with nature through touch?
- How might I support those who enjoy touch, and those who may be more hesitant?

Write down your reflection.

DID YOU KNOW?

Frottage – a technique where textures (such as leaves or bark) are transferred onto paper by rubbing over them with a pencil or charcoal.

It links the sense of touch with nature, allowing you to feel its structure and recreate it creatively.

REFLECTION

Through the sense of touch in the forest, you create space for calmness and presence, something you can cultivate during a walk.

INVITATIONS FOR THE GROUP:

- What might you notice if you placed your hands on the grass, soil, tree bark, or something that caught your attention?
- What might it feel like if you took off your shoes and felt the ground?
- I wonder what it would be like if, just for a moment, you simply felt the presence of this place?

