REFLECTION MAP

A forest walk has numerous positive effects on our physical and mental health and offers a healthy alternative to digital overuse. The following questions invite participants to reflect on the relationship between time spent in the forest and time spent using digital devices.

EXPERIENCE:

Reflection helps participants become aware of their experiences, feelings, and the underlying patterns, thereby supporting deeper learning and self–awareness. It also strengthens connections within the group when participants share their lived experiences with each other. You can use this exercise in the closing circle, during the integration phase, as part of a picnic or tea ritual.

"In this exercise, we will recall the route and the stops we made during the walk. Allocate about half an hour for the activity. Prepare at least A4–sized sheets of paper, colored pencils, and clipboards (or something to draw on).

"Recall the walk in your mind. Draw a map based on your memories, marking the places where we stopped and what you experienced there. Use the prepared papers and colored drawing tools. (Leave enough time for participants to finish their drawings before giving the next instruction.)

During the walk, you participated without a mobile phone or other smart devices. Think about whether there were moments when you felt like taking out your phone. Mark these points on your map. For what purpose would you have used the phone? Write this down on your map as well. Now reflect: why did you want to do what you wanted with your phone? What need was behind it? How could you meet this need in another way?

Now go through the walk's route and stop again in your mind. Where did you have an experience that the virtual world—even with the most advanced VR headset—could not have given you? Why not? What did you feel? Draw or note this on your map too.

Ask participants to discuss their drawings with each other in pairs, or if you are working in a small group, let everyone share their drawings and experiences with the whole circle. Discuss the differences between the virtual and the real, physical world."

CLOSING REFLECTION QUESTIONS ON THE METHODOLOGY:

- In what ways did this reflective exercise help participants become more aware of their experiences and their relationship with digital devices?

- How did the process of map–making and sharing support group connection and collective learning?