

THE LEAF MOVIE

Knowledge about the local forest – Local nature knowledge helps guides offer vivid stories and observations that make the experience more engaging and meaningful. It fosters participants' respect and care for the environment by deepening their understanding of local ecosystems.

We rarely take the time to notice the small details in nature, yet there is beauty, structure, and information even in a single leaf. While knowing the names of trees, plants, or animals is valuable, we can learn a great deal without relying solely on this lexical knowledge. The more ways we experience nature—through sight, touch, sound, and intuition—the deeper and more diverse our understanding becomes.



EXPERIENCE: THE LEAF MOVIE

“Pick up a fallen leaf and, at a slow pace and with full attention, try the following explorations:

(Sight) Take a close look at the leaf. What colour is it? What does the underside look like? What is the shape of its edges? Are there any irregularities? What does it look like when you hold it up to the light? (This glowing effect is what we call ‘leaf cinema!’)

15 seconds pause

(Touch) Now close your eyes and gently feel the edges and surfaces of the leaf—its tiny ridges, its smooth areas. What does it feel like under your fingers, on the back of your hand, your cheek, or even your lips?

15 seconds pause

(Hearing) Hold the leaf close to your ear and gently rub or crinkle it with your fingers. What sound does it make? What feeling does the sound evoke in you? ... Or let it fall into your open palm—listen to the sound of the falling leaf.

15 seconds pause

(Smell) Now bring the leaf up to your nose and breathe in its scent deeply. With your eyes closed, you might sense it even more strongly. What does it remind you of?

15 seconds pause

(Taste) Finally, gently touch the leaf to your tongue or nibble it lightly. Only eat it if you are absolutely sure it is edible.

15 seconds pause

CLOSING REFLECTION QUESTIONS ON THE METHODOLOGY

- What values do you see in using a single natural object (like a leaf) to engage multiple senses?
- What potential do you see in this kind of embodied, sensory-based approach for fostering nature connection, especially in participants with different learning styles or needs?