

Storytelling activates participants' imagination, allowing them to connect with nature through their own unique perspectives and inner imagery. It deepens nature-inspired stories into emotionally engaging and memorable experiences. This 10–15 minute long experience guides participants

through the cycle of life and can be used in various learning settings to strengthen nature connection, foster respect for living systems and enhance systems thinking.



EXPERIENCE: THE STORY OF A SEED – THE CYCLE OF LIFE

Invite participants to spread out in the space, giving each person enough room to move freely. Gently ask them to close their eyes, take three deep breaths, and begin the journey with these slowly spoken words:

“Now, imagine you are a tiny seed—perhaps tucked in a farmer’s apron, hidden inside a pine cone, or nestled in the bud of a dandelion...”

Pause for 5 seconds.

“One day, the farmer scatters the seeds, the pine cone opens, and the wind gently carries the dandelion’s parachutes away.”

Pause for 5 seconds.

Slowly open your eyes, lift your arms—whether toward the sky or to the sides—and swing gently as you find a place to land and start opening up and growing your fine roots in the ground. If it feels right, you may crouch or sit on the ground, even hug your knees. Rest for a moment, just as a seed rests beneath the snow.

Pause for 5 seconds.

“The little seed matures and develops within itself until, responding to the call of the sun and life, it begins to push its way toward the sky.” Slowly start to move, shift, stretch, and gradually straighten up.

Pause for 5 seconds.

“Drawing strength from the sunlight, the rain, and the presence of its companions, the tiny seed grows bigger, spreading out, until it becomes a beautiful tree, shrub, or dandelion, gently bending in the nourishing sunlight.” Now, stretch fully, sway slightly, and expand both physically and mentally.

Pause for 5 seconds.

“In this state of wholeness, a new seed forms within you—in the fruit, the pine cone, or the faded head of the dandelion. Release it with heartfelt love, knowing it may land anywhere. Embrace yourself in gratitude for your existence.”

Invite participants to slowly return to the circle and reflect on their experiences.

REFLECT

If the forest was your co-guide, what would it still want to teach you about guiding groups?