

Read, Relax and Forest Bathe!



Even kids need a break to relax! Have you ever tried "forest bathing?" It's not like taking a real bath with soap and water. The idea started in Japan and has spread around the world. Here's how it works. Go to a forest or wooded area and just relax. Open up your senses and "take-in" all the beauty and peace surrounding you. **Scientists** have discovered lots of good things can happen to improve your health when you take time to become peaceful and let your body absorb nature around you.

Some people just sit in one spot. Others peacefully walk slowly while enjoying many views. Try it and then decide what works best to make you feel great.

Another thing you can do is read a book which you've picked up at your local library. Reusing books from the library is a way to help Earth. Reading a book in a forest or under a tree is a way to help yourself and learn about the value of protecting Earth.

So grab a book from the library, ask your family or your classroom to join you and head to the closest forest or area of trees and plants!

