



# Health & Well-being

## // Activities & Games



# EARTHING

## Overview

**These activities encourage direct skin contact with the surface of the Earth e.g. with bare hands and/or feet.**

## What to do...

### Barefoot Walking

- 1 It is thought that walking barefoot on the Earth enhances health and provides feelings of well-being. This practice occurs in diverse cultures around the world.
- 2 Walking barefoot on uneven ground helps to strengthen core muscles and supports balance development.
- 3 Simply choose an appropriate spot, complete safety checks and encourage your learners to remove shoes and socks. Stand still on the grass, soil, sand, etc, and take a moment to check on how this feels.
- 4 What sensations are there? Now try walking around the chosen environment and repeat.

### Root and Branch

- 1 Ideally, bare foot as per Barefoot Walking.
- 2 Ask learners to stand still and feel their feet planted on the Earth.
- 3 Ask them to close their eyes and imagine that they are a tree rooted to the ground.
- 4 Now describe the following journey in a slow paced and even tone.

“Feel the roots coming out from the soles of your feet and pushing down into the soil. The roots plough through the soil/sand, through to the rocks beneath. They continue through the fissures of the rocks, down into the centre of the earth and into the energy of the molten magma. Imagine that the energy of the magma now passes back up through the rock, through the soil/sand, up through the roots of the tree, up through the trunk and into the branches and out into the furthest points of your twigs and leaves. Now release the energy out of the top of the tree and let it reach up into the sky as a white light, up into the blackness of space and allow the light to touch the energy of the sun”

- 5 This maybe enough or you can choose to continue a return journey to the heart of the tree.