

Starters and Subjects for Outdoor Healing Circles

Outdoor healing circles are designed to foster connection, reflection, and emotional support in nature.

Here are some themes and prompts to guide participants in meaningful discussions:



Facilitator Tips:

Create a safe, non-judgmental space for sharing.

Use grounding activities like deep breathing or listening to nature before starting discussions.

Encourage respectful listening and mutual support within the group.



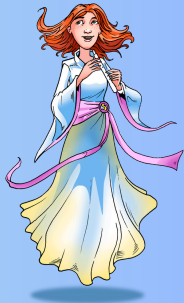
Connection with Nature

Prompt:

"What part of nature brings you the most peace and why?"

Activity:

Share a memory of a time when being outdoors felt especially meaningful.



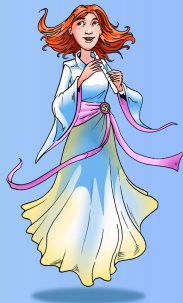
Gratitude for the Earth

Prompt:

"What is one thing in nature you are grateful for today?"

Activity:

**Collect a small natural item
(e.g., a leaf, stone, or twig) that
represents something you appreciate
and share its meaning with the group.**



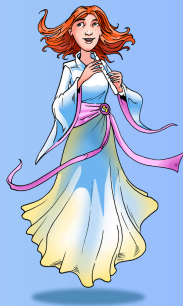
Navigating Climate Emotions

Prompt:

"How do you feel when you think about the future of our planet?"

Activity:

Write or draw those feelings on a piece of biodegradable paper and place it in a safe space to symbolically "release" them.



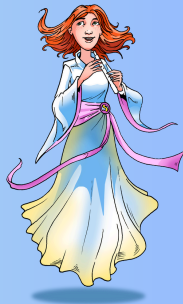
Lessons from Nature

Prompt:

"What have you observed in nature that reflects resilience or adaptation?"

Activity:

Walk quietly for a few minutes, observing how plants, animals, or landscapes have adapted to their surroundings. Share insights.



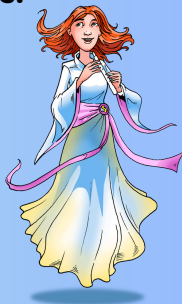
Hope and Positive Actions

Prompt:

"What small action can you take this week to care for the Earth?"

Activity:

Create a group pledge or list of actions to commit to, like reducing waste or planting native species.



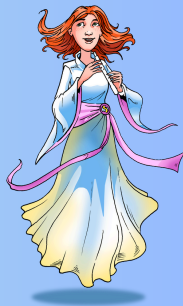
Mindfulness and Presence

Prompt:

"What do you notice right now using one of your senses (sight, sound, touch, smell, or taste)?"

Activity:

**Guide a short sensory meditation
focusing on the surrounding environment.**



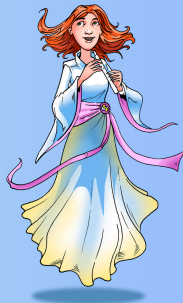
Personal Stories of Healing

Prompt:

"Has being outdoors ever helped you through a tough time? Share your story."

Activity:

After sharing, write or draw a symbol that represents the healing moment and place it in a group collage.



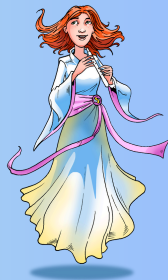
Community and Belonging

Prompt:

"What role does community play in protecting nature and our mental health?"

Activity:

Have each person suggest one way the group can work together for environmental stewardship.



Vision for the Future

Prompt:

"If you could imagine an ideal relationship between humans and nature, what would it look like?"



Activity:

Create a vision board using natural materials found around the circle to represent hopes for the future



A vision board is a creative and visual tool used to represent your goals, dreams, or aspirations. It typically consists of a collage of images, words, and symbols that reflect what you want to achieve or focus on in your life. Helping you clarify your intentions and keep them in sight.