

04

## **ACTION: POINTS OF CONTACT**

**When:** during the walk

**Type of action:** sensory rediscovery

**With whom:** a partner

**Objective:** to generate trust and stimulate the sense of touch

**Topic:** Biodiversity

1. Pick a partner to carry out this action.
2. Decide between the two of you who will be *The Leaf* and who will be *The Seed*.
3. *The Leaf* closes their eyes and is led by *The Seed*, who will take them around the forest touching five surfaces with their left hand. While keeping their eyes closed for the duration of the action, *The Leaf* will make contact with the surfaces, paying close attention to the texture, form, and smell of what they are touching. This will be done with five surfaces.
4. Once you have finished, talk about the sensations and feelings that came up during the action.
5. Change roles and repeat.

