



A day in the woods could look like this:

10am Welcome - Settling into comfy sofas around a roaring fire with fresh coffee and cake, we will take time to welcome everyone and introduce ourselves, the day, and the spaces and facilities around us in the woods.

10.30am Settling - Introducing inviting activities that help us relax mind and body, we will begin to notice the natural world all around us and the colleagues we are sharing the day with. Collecting and cutting willow to make charcoal for drawing with later is often our first activity.

11am Setting out - Through a series of playful tasks, we will experiment with ways to experience taking different perspectives, allowing the group to immerse themselves in the woods with new eyes as they explore, come back to base and then set out again.

11.45am Creating – This is time for some practical and creative exercises, working with the natural materials all around us alongside our own collections of found objects and art supplies, encouraging a comfortable slowing down and refocusing.

12.30am Sharing - Working with a colleague, we will take time to talk and share and think about what qualities and skills we've drawn on.

1pm Lunch - Returning to the fire and sofas, this is free time to refuel with a delicious lunch. Gareth Burr, who owns and manages the wood with artist Filipa Pereira-Stubbs, will also join the group.

2pm Collaborating - Revisiting the morning, we will think together about the qualities and skills we've shared in the day and how these can enable imagination and curiosity before working together on new creative invitations.

3pm Connecting - As we regather again, we will invite the group individually and collectively to reflect on their day, connecting these new experiences and ideas with ongoing challenges or dilemmas.

3.30pm Calibrating - Our day will end thinking how we can integrate these moments of creativity in nature into ongoing work and life practices before leaving at 4pm.

www.adayinthewoods.org.uk

Cambridge Curiosity and Imagination, an arts and well-being charity, has been working in the outdoors with artists and communities for the last 15 years, learning together how these spaces enable creativity and well-being. Income raised from these days will directly support the work of the charity with disadvantaged children and young people.

www.cambridgecandi.org.uk

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