



Nature Journey - Rivers

Most commonly occurring therapeutic Domains: Mindfulness - Improve quality of focussed attention & sustained action

Therapeutic Goals for today:

- **Symbolic relationship** - Understanding the relation between two ideas or concepts
- Creative thinking
- Sense of belongingness to the group
- Memory for information

Key Concepts (if any): Interdependence & developing compassion towards nature

Space and Material Preparation: Information of river cards, Blue color chart paper, pieces of waist brown boxes, glue, some more color papers, scissors.

Time : 2 hours

Communion:

Rituals: Two minutes silence

Skill Warm Up:

The session started with the below question..

Is it your childhood connected with the river? Do you have any memories of the river?

With spark in their eyes they shared how they swam in rivers and some shared they don't know how to swim so they have fear of water.

Then the facilitator showed some personalized pictures of their Bhagirathi trek which is the starting point of Ganga river. You can get this on google. Then the facilitator shared the topic that today we are going to learn about rivers.

Creation:

Artistic Skills -Children were provided one strip of blue chart paper and one river information card. One sample was made to show them how they will make a river. Brown box pisces are made to show the stone and rocks of the river. The material was divided into groups. The instruction was given that they have to make the river with a sticker with an information card in the center and then they have to present their river information in front of the class.

They have made little plants and fishes also. So much improvisation is seen in artistic skills.



River Information card - The river information card is made as following:



Ganga River

Ganga is the most sacred river to Hindus and is worshipped as goddess Ganga. Ironically, it is one of the highest polluted rivers too. Not only humans but a range of water species are also on a threat.

Origin: Gangotri (Himalaya)

Length: 2525Km

Depth: 17 m (56 ft)

Third Largest River in the world.

Major Cities: Patliputra, Kashi, Allahbad, Varanasi, Kolkata, Badrinath, Haridwar, Kanpur, Patna, Farrukhabad, Fatehgarh, Kannauj, Chakeri.

It had also created the World's Largest DELTA in West Bengal - Sundarban Delta.

Major Tributaries : Gomti, Ghaghra, Tamsa, Yamuna, Koshi.

Merges into : Bay of Bengal.

METAPHORS : Each group came ahead and presented the information. Using the river as a metaphor each group of children were asked below questions.

1. What are the similarities between humans and rivers?
2. What are the moments in your life where you felt or experienced flood and dryness ?

We got amazing and insightful answers from children.

Closure:

Disengage from the Creation (De-roling): Children were told to clean the place and after thanking each other we ended the session.