

Nature parkour

- Nature parkour brings playfulness, agility, creativity, and joy to outdoor activity.
- Remember safety: wear proper footwear, observe your surroundings (slippery surfaces, moss, wet leaves, roots, etc.), and move together with a friend.

1. Crossing over and going under

- Invent and try different ways to cross over and go under obstacles. Make use of tree branches, railings, and whatever you can find in the environment.



2. From stone to stone

- Step from one raised surface to another, such as from a rock or a tree stump, challenging your balance.



3. Strengthen and stretch by hanging

- Hang from tree branches in different ways. Keeping your feet supported on the ground adds safety and helps you regulate the intensity of the stretch.



4. Balancing

- Practice balance on tree trunks, rocks, and raised surfaces.
- Balance in different positions and by using different parts of your body.



5. Stairs in new ways

- Try creating new rhythms on stairs by varying your step length.
- Could you also manage walking down backwards?
- Make use of different kinds of staircases.



6. A hop into the air

- Find a rock or tree stump of a suitable height from which you can hop down and land softly on the ground.
- Bend your legs on landing.

