



IMMERSIVE LEARNING PROGRAM

Nature Treks Essentials

Duration
60 Minutes

IMVR Application Link
[Download Here](#)

App Overview

Nature Treks VR offers an educational and immersive virtual reality experience, enabling students to explore vibrant and tranquil natural environments. They can wander through lush forests, serene beaches, and other stunning landscapes. This VR tool enhances lessons on ecology, wellbeing, English, and environmental science. Whether for relaxation, meditation, or educational exploration, Nature Treks VR is a valuable resource for bringing the wonders of the natural world into the classroom.

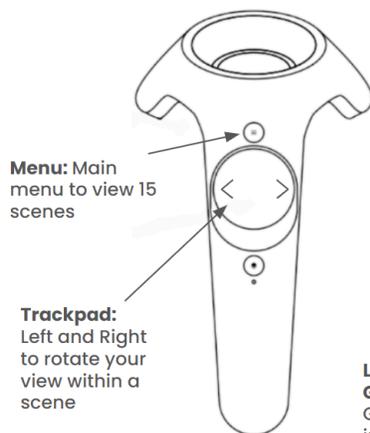


Objectives

Students can explore the basic functionalities of Nature Trek VR and become accustomed to the breathtaking views it offers. Students will also utilise the student digital notebook to learn about the power of nature and breathing for their own wellbeing.

Basic Controls

Left Controller

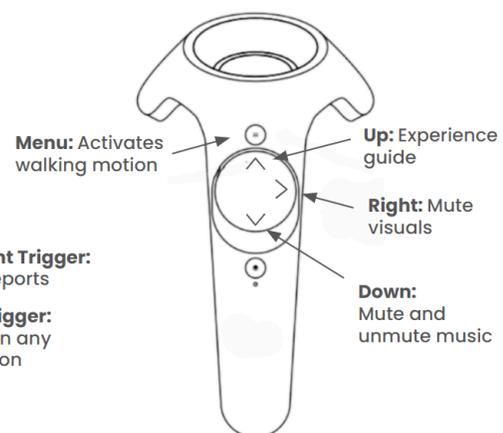


Menu: Main menu to view 15 scenes

Trackpad: Left and Right to rotate your view within a scene

Left controller Grip Buttons: Grab and throw interactive orbs to personalise world

Right Controller



Menu: Activates walking motion

Right Trigger: Teleports

Left Trigger: Move in any direction

Up: Experience guide

Right: Mute visuals

Down: Mute and unmute music



Resources

Student Resources: [Nature Treks – Student Digital Notebook](#)

Safety Poster:  [Lumination Safety Poster.pdf](#)

Top Tips

Elements and Features of the experience to be aware of:

- **Utilising Orbs:** You can customise your scene by using the left hand grip buttons to grab a blue orb and throw it away from you. The time of day or weather orbs gets turned on and off using the grip buttons.
- **Walking feature:** You can turn on the walking feature by pressing the right controller menu button and start swinging your arms to walk forward. This feature does not fully mimic the walking motion and tends to walk sideways as opposed to forward.
- **In app guide:** Pressing the 'up' section of the right controller trackpad will open the experience guide.

Learning Sequence

Start all students on their [Nature Treks – Student Digital Notebook](#). Provide a basic run through of their tasks and explain that they will be completing the sections of the notebook at their own pace, independently or with a partner.

There are about 40 minutes worth of tasks in this digital notebook, which will require access to the internet for research purposes. Please review and adjust content to best suit your cohort of students.

As students get started, begin calling up the desired number of students/groups to begin their exploration of the experience.

IMVR Station: Nature Trek VR

Assign students in desired groups (2-3 students is recommended). Each student will be given **5 minutes** to explore Nature Trek VR. Depending on the number of students and IMVR stations, you may choose to allocate a longer explore session per student.

Nominate students to be responsible for the following jobs:

- **Timekeeping:** ensuring each student adheres to the provided time limit.
- **Safety:** ensuring that the safety guidelines are being followed correctly.
- **Headset Switcher:** they will swap the devices and controllers for each student.

When in the experience, students will rely on their group members to guide with the controller buttons and the task at hand, using slide 2 and 3 of the Student Digital Notebook. Students will complete the following actions to familiarise themselves with the functionalities of the experience:



1. Enter 1 scene out of the 15 by holding down the right trigger for 3 seconds.
2. Use the right and left hand trigger to move around the scene.
3. Customise your scene!
 - Use the left hand grip buttons to grab a blue orb and throw it away from you. Add some plants/animals and change the weather/time of day.
4. Select the 'Lotus Flower' orb to begin your deep breathing.
 - Standing or seated, complete a Box Breathing (4-4-4-4) exercise:
 - Breathe in for 4 seconds
 - Hold for 4 seconds
 - Breathe out for 4 seconds
 - Hold for 4 seconds
5. Browse other scenes from the main menu (left hand menu button)

These actions have been specifically designed to expose students to the app's navigation and features. They may freely explore after these steps.

Troubleshooting

- Pressing 'Up' on the right hand trackpad will open up the experience guide.
- Screen could flash grey if internet speed is not sufficient.

Lesson Bytes

1. [Immersive Poetry: Harnessing the Power of VR for Inspiration](#) (Year 5 - 7)
2. [Ambient Elements: Enhancing an Atmosphere](#) (Year 7 - 8)

**For more Lesson Bytes, please visit our [Lumination Education Centre](#).*