



Nature's Serenity:

Enhancing Emotional Awareness and Self Care with VR

Learning Area

Health & Wellbeing

Year Level

Year 5 - 10

Introduction

In this immersive lesson, students will explore the serene landscapes of Nature Treks VR and engage in meditation guided by Sir David Attenborough's narration in "Mountains Meditation." They will analyse emotional responses and devise strategies to self-manage emotions, focusing on the importance of mental wellbeing.

Application

Nature Trek VR

Nature Treks VR offers a serene and immersive virtual reality experience, allowing you to explore vibrant and tranquil natural environments. Wander through lush forests, tranquil beaches, and other stunning landscapes, all while enjoying the calming sounds of nature.




Lesson Overview

Lesson Objectives

- Use VR as a tool for relaxation and mental clarity.
- Analyse factors that influence emotional responses and devise strategies to self-manage emotions.

VR/AR Resources

 Mountains Meditation - Narrated by Sir ...

Optional:

 Qantas Guided Meditation Series in 360 ...



Lesson Outline



Before the Immersive Learning Journey

- Teachers and students should familiarise themselves with the IMVR experience using the [Nature Trek VR Essential Guide](#).
- Students should be familiar with the concept of emotional self-management and have been introduced to basic meditation techniques for relaxation.
- Prepare headphones to be used for the HHVR station.
- Provide desired sources (age appropriate websites, articles, books, ect) for the Research Station.



During the Immersive Learning Journey

IMVR Station: Students will use Nature Trek VR to select an environment of their choice to conduct their meditation. Students can enter a scene, customise it using the interactive orbs, and begin their Box Breathing using the 'Lotus' orb. It's recommended for students to be seated for their Box Breathing.

HHVR Stations: Students will watch the 360° meditation video:

▶ Mountains Meditation – Narrated by Sir David Attenborough (13:00) with full focus and in their own space. Students can answer:

1. Describe the emotions or sensations you felt during the meditation experience. How did the visuals and narration contribute to these feelings?
2. Reflect on any connections you made between the natural environments shown in the video and your own experiences or feelings.
3. Discuss the potential benefits of using VR for meditation, especially in contexts like healthcare or education.
4. How did Sir David Attenborough's narration impact your experience? Did it deepen your connection to the natural world in any way?

Research Station: Students can research and explore different coping strategies and emotional management techniques.

Creation Station: Students can create an "Emotional Support Bookmark" to showcase techniques and activities that effectively support their mental wellbeing. This can be done using crafting materials or online platforms such as [Canva](#).



After the Immersive Learning Journey

Discuss and share the bookmarks created in small groups.

Assess learning outcomes through:

- Discussing personal experiences with emotional management techniques.
- Reflecting on the effectiveness of different strategies.
- Analysing how VR experiences impacted emotional awareness.