



Hi all, this week we are going to share some of our mindful activities that we like to do outdoors.

What is Mindfulness?

Mindfulness is simply... noticing what is happening right now.

Mindfulness is taking notice of how your body feels and what you see, smell and taste. Maybe you even feel emotions in your body, perhaps through a tightness somewhere, or a good sensation. Mindfulness is also noticing what your mind is doing.

Through taking part in mindful activities research has shown many benefits including:

decreased stress and anxiety,
improved health,
better sleep,
improved focus and awareness,
better problem solving,
improved impulse control,
increased compassion and kindness,
stronger relationships.

Some mindful activities to try:

Use your 5,4,3,2,1 senses:

Find a space outdoors to sit quietly away from distraction. This could be simply in the garden, under a tree, even in a tree or in the long grass. Use your 5 senses to notice what is around you. Take note of:

- 5 things you can see - what do you notice about them?
- 4 things you can touch - how do they feel?
- 3 things you can hear - really listen for the less obvious sounds.
- 2 things you can smell - are there pleasant smells?
- 1 thing you like best or if appropriate, 1 thing you can taste.



It will be amazing what new things you notice and maybe want to explore more. This is a great activity for parents and teachers too. Children love to share what they have noticed with others.

Go on a focused walk:

Go on either a short wander or a long walk and choose 1 thing to notice. For example:

- The patterns of the bark on the trees you pass*
- The colours of the flowers you see*
- The different shapes and sizes of leave on the trees*
- Minibeasts in the long grass*
- The different sounds of the birds in the trees*

As you focus on 1 thing you will be able to notcie so much more around you and be amazed at the things you have never noticed before.



Cloud gazing:

Sit or lie in a comfy place outdoors and look up at the clouds. Notice their shape and how fast they are moving. Which direction are they moving in?

What shapes can you see in the clouds? Maybe a dragon, a dog or a crocodile. Do those shapes move as ou watch them?

Did you know there are different types of clouds at different levels and they all have very complicated names? Use the sheet attched to identify clouds as you watch them. What type of weather creates different types of cloud?

Notice and copy movements around you:

This activity is good on a breezy or windy day when the trees and grasses are swaying in the breeze. Find a space and choose an area to focus on. This could be a tree, several trees, long grass, a branch, flowers or even a single leaf on a branch.



Notice how your object is moving in the breeze. After watching it for a short time then copy the movements with your body. Some children prefer to use their whole body, others may prefer to just use a part of their body. Either is fine. The same acitvty can be done by finding an animal an notiving how it moves and coping those movements by pretending to be that animal. Hop like a frog, scurry like a mouse or scuttle like a spider.

Keep Practising Mindfulness

The more childern have the opportunity to practise mindfulness, the more they will engage and the more they will notice until minefulness becomes something they naturally can do themselves. Share how you feel after an activity or spending time outdoors being mindful.