



Outdoor mindfulness & meditation

These activities are all designed to help you and your children find a little bit of space in your mind at this uncertain time. It's likely that they're picking up on everybody's feelings of uncertainty at this difficult time, making them more likely to act out with their behaviour. Incorporating a little bit of time for mindfulness each day will provide them with the space they need to process the changes in their routine & calm their nervous system down. You may find it beneficial to join in too!

Cloud watching

Lay down on the ground. Take a few minutes to look at the sky. Watch the clouds as they slowly blow over. Can you spot any shapes, animals or people in the shapes of the clouds? Please ensure that you or your children don't look directly into the sun. If it's a clear day enjoy taking in the deep blue sky!

Grounding

Lay down on the grass with your eyes open. Take a moment to see what you can feel. How does the ground feel against your back, back of your head, heels? How does the grass feel under your fingers? Take a deep breath in through the nose and out through your mouth. Repeat again.

Close your eyes and tune into your ears. Notice the sounds you can hear. The birds, trees rustling, cars driving by, people talking. Take a few minutes to observe them. Slowly blink your eyes open. Give the sky a smile!





Senses hunt

Name 5 things you can see, 4 things you can hear, 3 things you can feel, two things you can smell and 1 thing you can taste. You could do this seated in one area or with young children encourage them to move around to find these things.

Visualisation

Take your child outside and ask them to sit or lay on the ground with their eyes shut. As you speak ask them to picture what you're saying inside their mind. You could make up wild and wonderful adventure stories (think swimming down chocolate rivers, flying through a sunset, launching into space), you could recount a past experience such as a holiday or special event (sharing the details of what you could see, how you all felt, what you did), or grab their favourite story and read it to them (they can visualise the story as it unfolds).

Mindful snack time

Have your child help you prepare a healthy snack. As they eat take the time to look closely at the snack. What colours & textures can they see? How does it smell? Is it crunchy or soft? What does it sound like when you chew? What does it taste like? Taste like?





Worry leaves

Collect some leaves from your outdoor space & a marker pen. Record your child's worries on the leaves. Let them share them all no matter how big or small. Scoop up the leaves and explain that we're going to blow our worries away and focus on the positive things in our lives. Wait for a gust of wind and let your child throw the leaves up into the wind.

Watch as they're carried away!

If you have a child who isn't able to verbalise their worries. Bubbles are a great alternative. They don't need to say what the worries are. Simply encourage them to blow their worries into the bubbles, then watch the float & pop away.

Body scan

Lay down on the ground and ask your child to close their eyes. Every time they breath out encourage them to let a part of their body go heavy and loose. Start by breathing out and releasing the toes. Then the feet, legs, knees, hips, back, shoulder, arms, hands, neck, head & face. Then allow your child a few minutes to lay and just be. To bring them back around ask them to slowly move the different parts of the body beginning with the head, then neck, shoulders, arms, hands, back, hips, legs, feet & toes. Then jump up and have a huge wiggle!

