

Mindfulness in Nature 3-5years

Practising mindfulness by being present in nature.

You will need:

- A cushion or a comfortable area to lay outside

The activity:

- Find a space outside where you can lay down. Encourage your child to lay down beside you and look up into the sky.
- Start with asking “What can you hear?” pointing out natural sounds such as the birds singing or the trees blowing in the wind. For older children ask them to name 5 things they can hear.
- “What can you see?” For older children ask them to name 5 things they can see.
- Now using big deep breathes try to blow away the clouds.
- What shapes or pictures can you see in the sky? Encourage your child to trace round the clouds using their finger.

Extending the activity:

- Go on a nature walk and find 5 things you can see, 5 things you can hear, 5 things you can touch and 5 things you can smell.
- Afterwards, you could use some paper and crayons or pencils to draw what you saw or heard to remember.

TOP TIP:

- Join in and talk about how you are feeling whilst doing this activity



Enrich vocabulary development with related words such as:

Hear	Peaceful	Listen	Still
See	Quiet	Feel	Spot
Calm	Happy	Observe	Tranquil

How this supports knowledge & development:

- This activity will help and encourage your child to pay close attention and notice the finer details in the moment. It will also encourage conversation, as well as the development of their language and communication.
- Blowing away the clouds with deep breaths helps to teach children a valuable self-regulation skill. Deep breaths can really help children to manage their emotions when they start to feel upset or angry.
- Your child will be making new discoveries throughout this activity, maybe a sound they have not heard before or using their imaginative skills to name shapes they can see in the clouds.
- By naming 5 things they can see and hear, along with naming shapes in the clouds will help develop their mathematical skills too.
- They will also be learning about their senses of sight and sound.

Keeping Everyone Safe

Check the floor area before laying down



What do you see?

Using the undefined shapes below, can you make them into something you recognise? (example show below)

