

Mindfulness Nature Hunt

- Find an insect and watch it move for 1 minute – where does it go and how?
- Build a rockpile – what can you create?
- Look up at the sky and count 4 different birds
- Lie on the grass and listen to 5 different sounds
- Find a big stick – imagine what it could be!
- Walk around barefoot on something soft – how does it feel?
- Close your eyes, be still and feel the sun on your cheeks

