**Mindfulness Activity Cards**

Chart

Description automatically generatedDiagram

Description automatically generatedA picture containing diagram

Description automatically generated

These activity cards contain ideas to promote mindfulness and awareness of surroundings when in a woodland setting.

The activities are intended to give the children time and space to think about the environment around them and their own interactions with it.

Woodland

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Shape

Description automatically generated with low confidenceShape

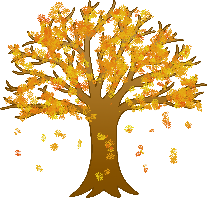
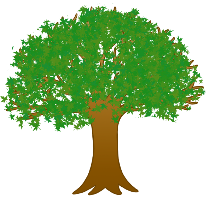
Description automatically generated with low confidence

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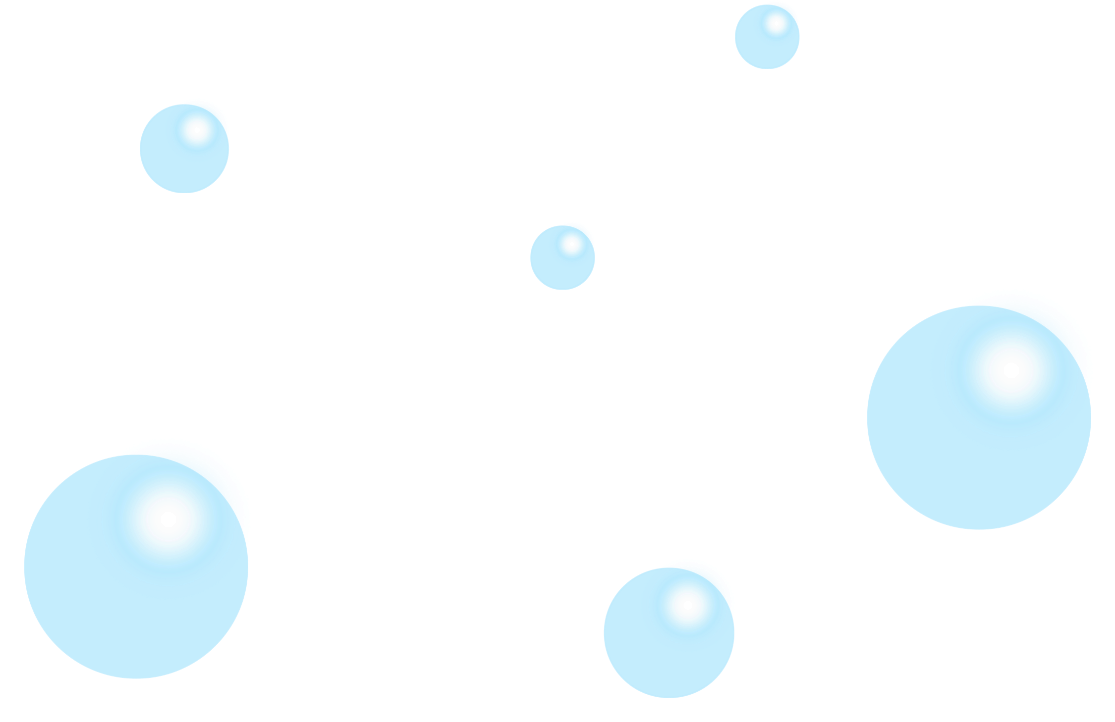
Blow bubbles

**Mindfulness**

Woodland



Watch the bubbles move through the air and slowly fall to the ground.

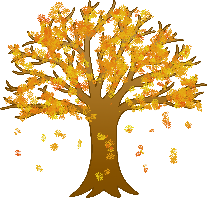
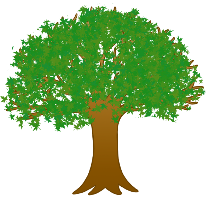


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Look at the clouds

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Woodland



Watch the cloud shapes slowly move, change, and evolve.

A picture containing plant, flower

Description automatically generatedA picture containing text, arch, bridge

Description automatically generatedIcon

Description automatically generatedIcon

Description automatically generatedA picture containing watering can

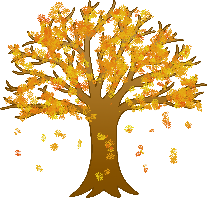
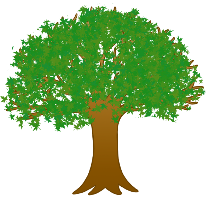
Description automatically generated

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Plant seeds

**Mindfulness**

Woodland



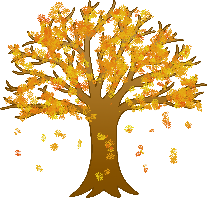
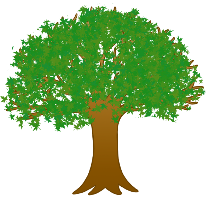
Prepare the soil for the seed. Plant the seed and add some water.

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Reading

**Mindfulness**

Woodland



Look at a book or listen to a story whilst sitting under a tree.

Logo

Description automatically generatedA picture containing mollusk, light

Description automatically generatedA yellow leaf with a black background

Description automatically generated with medium confidenceA white circle on a black background

Description automatically generated with medium confidenceLogo

Description automatically generatedA picture containing mollusk, light

Description automatically generatedA white circle on a black background

Description automatically generated with medium confidenceA picture containing mollusk

Description automatically generatedShape, circle

Description automatically generatedA white circle with a black background

Description automatically generated with low confidenceA yellow leaf with a black background

Description automatically generated with medium confidenceA picture containing mollusk, light

Description automatically generatedA picture containing mollusk

Description automatically generatedLogo

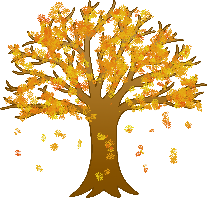
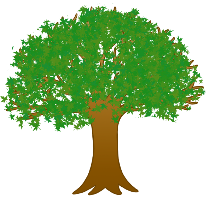
Description automatically generated

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Make marks

**Mindfulness**

Woodland



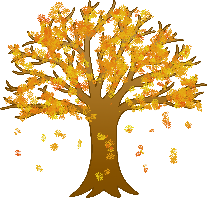
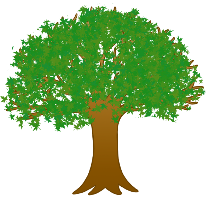
Use a stick or twig to make marks in the mud.

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Create artwork

**Mindfulness**

Woodland



Use woodland items, such as stones and leaves, to create natural artwork.

A close-up of a flower

Description automatically generated with low confidenceA picture containing plant, outdoor object, agave

Description automatically generated

Breathe out…

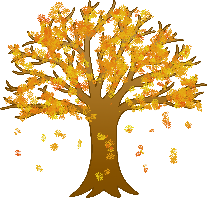
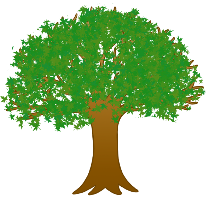
Breathe in…

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Sit and breathe

**Mindfulness**

Woodland



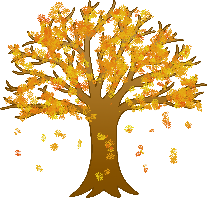
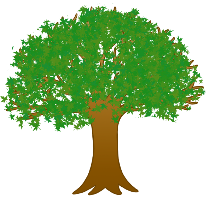
Sit on the ground. Close your eyes. Breathe in slowly. Breathe out slowly.

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Smell flowers

**Mindfulness**

Woodland



Compare the smell of different flowers. Which is your favourite?

A cartoon of a dog

Description automatically generated with low confidenceA picture containing text

Description automatically generatedA picture containing toy, doll

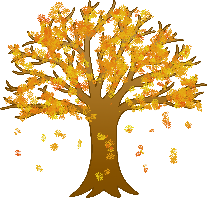
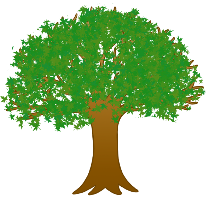
Description automatically generated

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Hold a pose

**Mindfulness**

Woodland



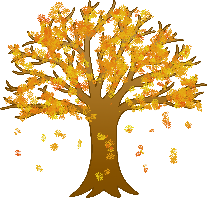
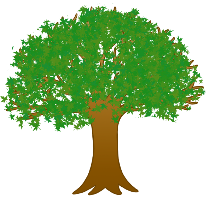
With the woods around you find a space and hold different body poses.

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Role-play

**Mindfulness**

Woodland



Think of a woodland animal. Can you act like that animal?

A white circle with a black background

Description automatically generated with low confidenceA white circle with a black background

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Description automatically generated with low confidenceA white circle with a black background

Description automatically generated with low confidenceA close-up of a leaf

Description automatically generated with medium confidenceShape, circle

Description automatically generatedShape, circle

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Description automatically generatedShape, circle

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Description automatically generatedShape, circle

Description automatically generatedA close up of a leaf

Description automatically generatedA picture containing mollusk, light

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Description automatically generatedA picture containing mollusk, light

Description automatically generatedA close up of a leaf

Description automatically generatedShape, circle

Description automatically generatedShape

Description automatically generatedA picture containing text, silhouette, vector graphics

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Description automatically generatedA picture containing text, silhouette, vector graphics

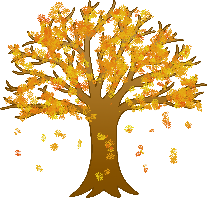
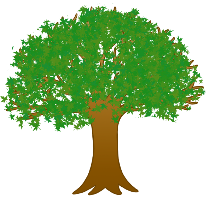
Description automatically generated

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I spy colours

**Mindfulness**

Woodland



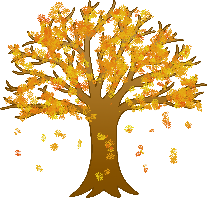
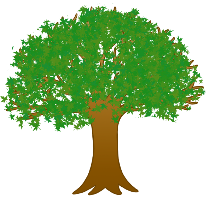
Play colour ‘I spy’ with woodland items around you.

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Create mandala

**Mindfulness**

Woodland

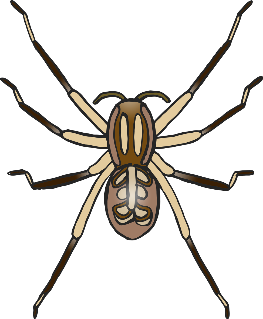


Use natural items to create a mandala; repeating patterns in concentric circles.

A picture containing plant

Description automatically generatedA picture containing plant, flower

Description automatically generatedA picture containing text

Description automatically generatedA close-up of a fruit

Description automatically generated with low confidenceA picture containing text, vector graphics

Description automatically generated

Hug a tree

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**Mindfulness**

Woodland

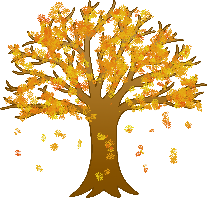
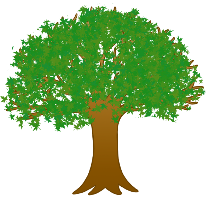
Feel the bark of the tree with your fingers. How does it feel?

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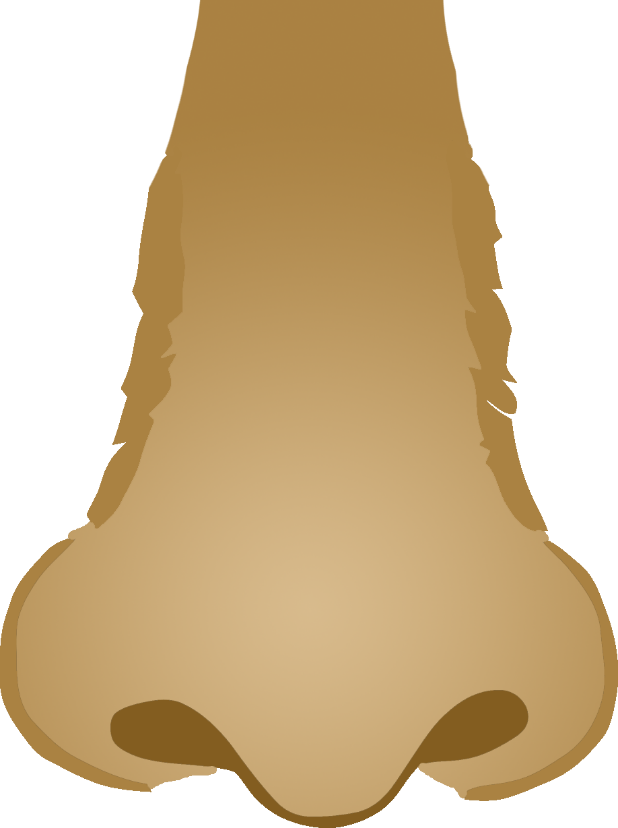
Watch wildlife

**Mindfulness**

Woodland



Closely watch the movement and behaviour of wildlife in the woodland area.

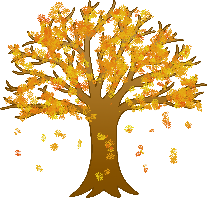
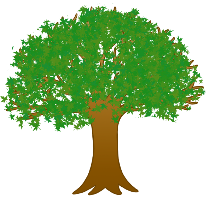


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Listening walk

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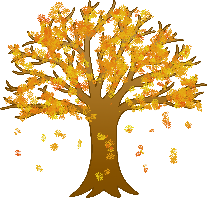
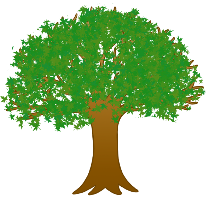
What different sounds can you hear as you move through the woods?

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Smell walk

**Mindfulness**

Woodland

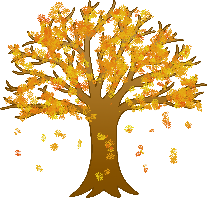
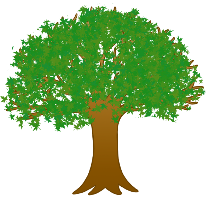


As you move through the woods what different smells are you aware of?

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**Mindfulness**

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