

Mindfulness Activity Cards

Woodland

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.



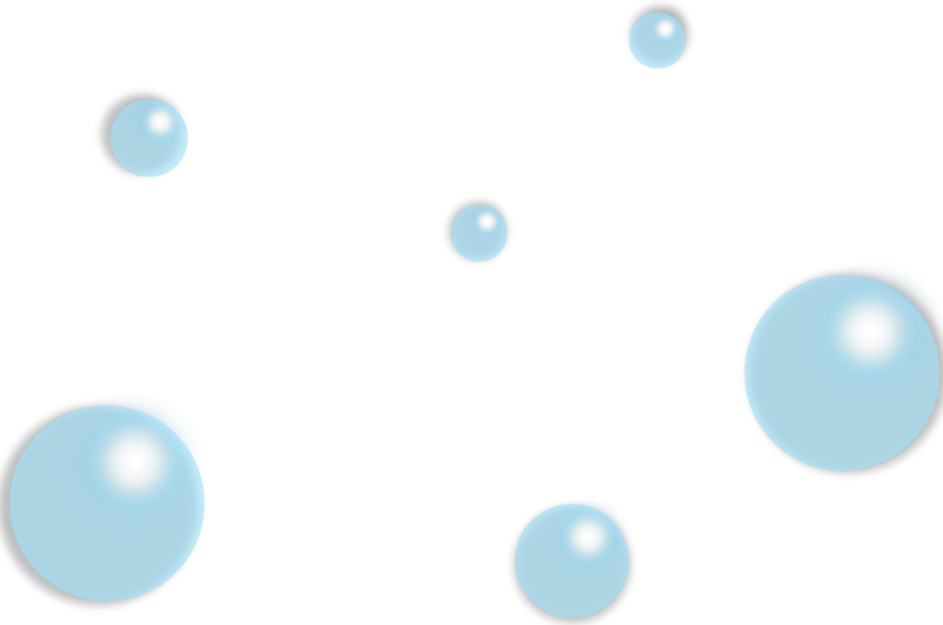


Mindfulness

Woodland



Blow bubbles



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

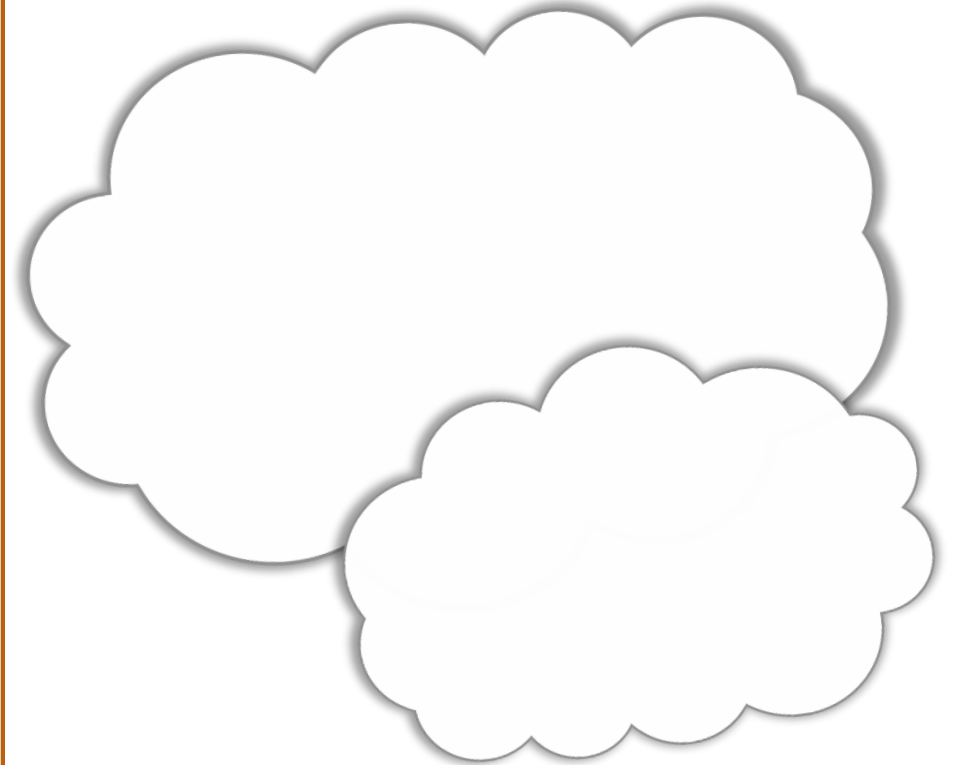


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Look at the clouds



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



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Plant seeds



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



Mindfulness

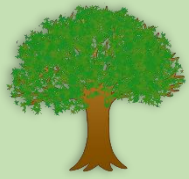
Woodland



Reading



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



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Make marks



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



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Create artwork



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



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Sit and breathe

Breathe in...

Breathe out...

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

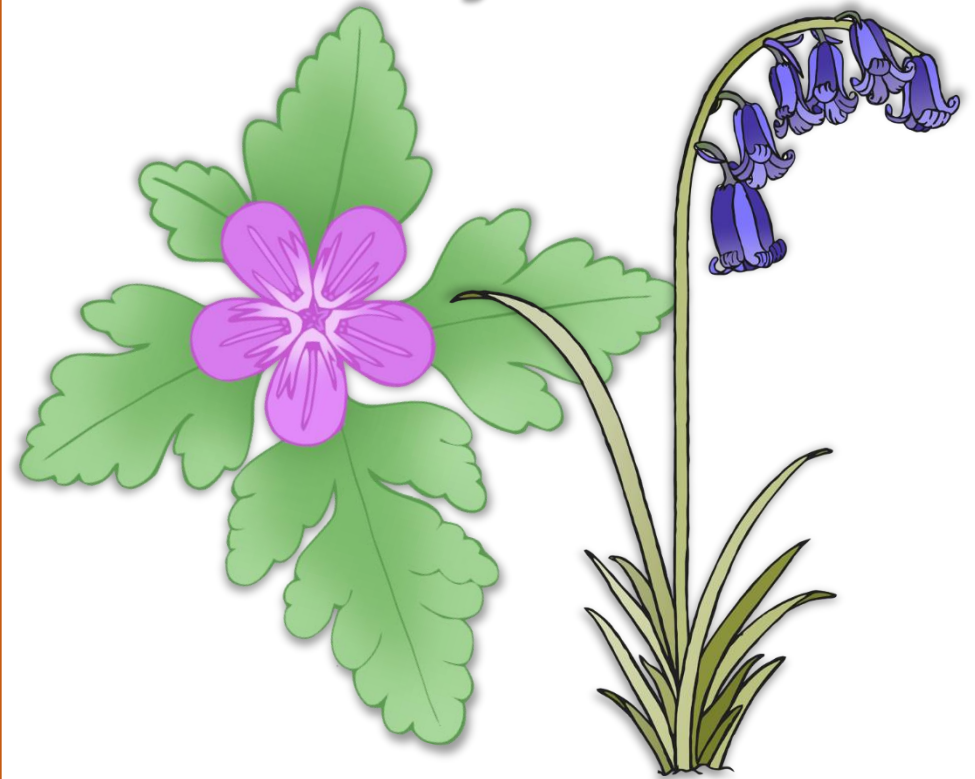


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Smell flowers



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

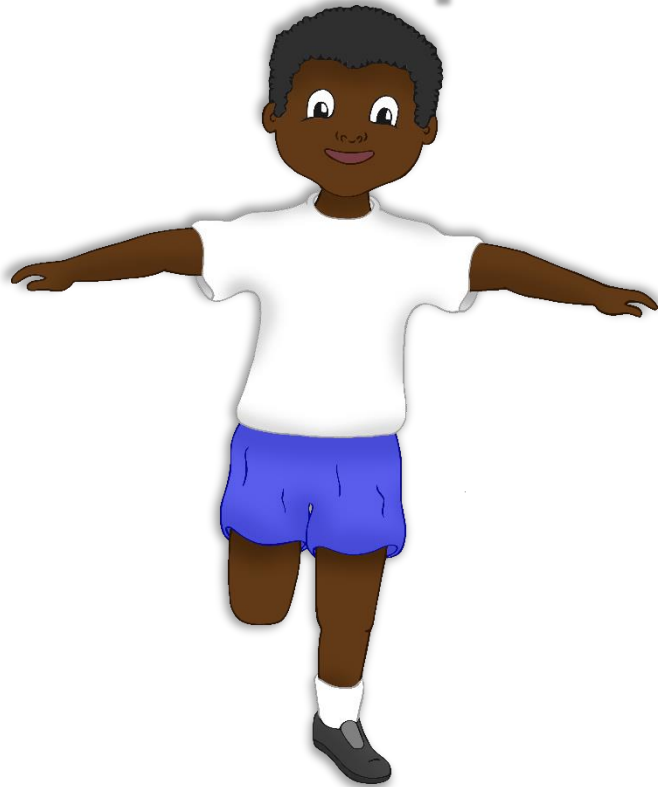


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Hold a pose



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



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Role-play



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

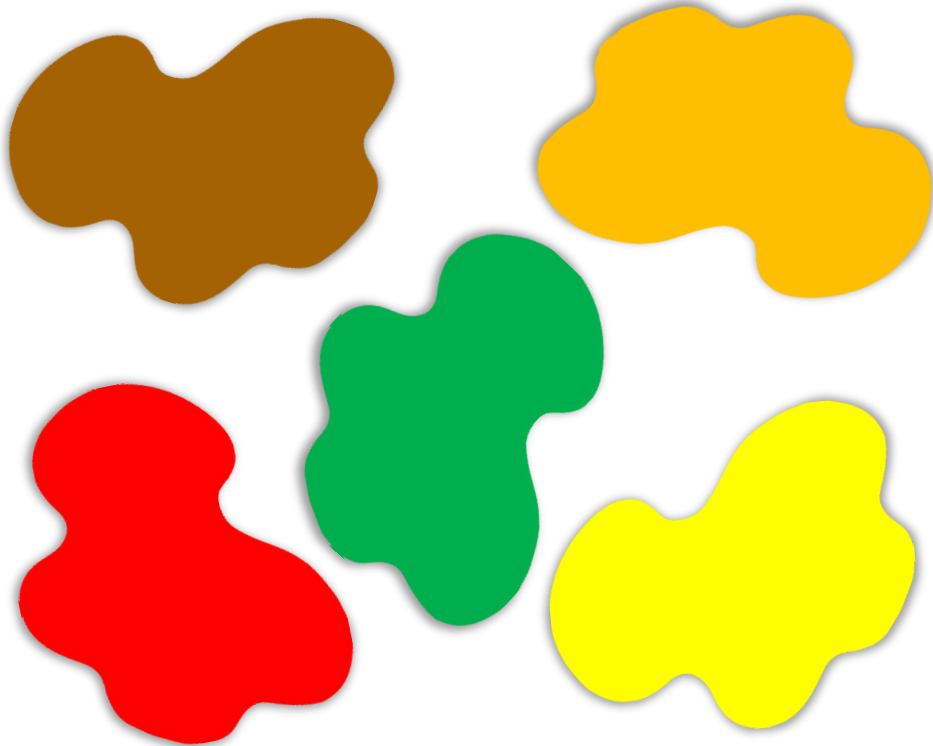


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I spy colours



Play colour 'I spy' with woodland items around you.

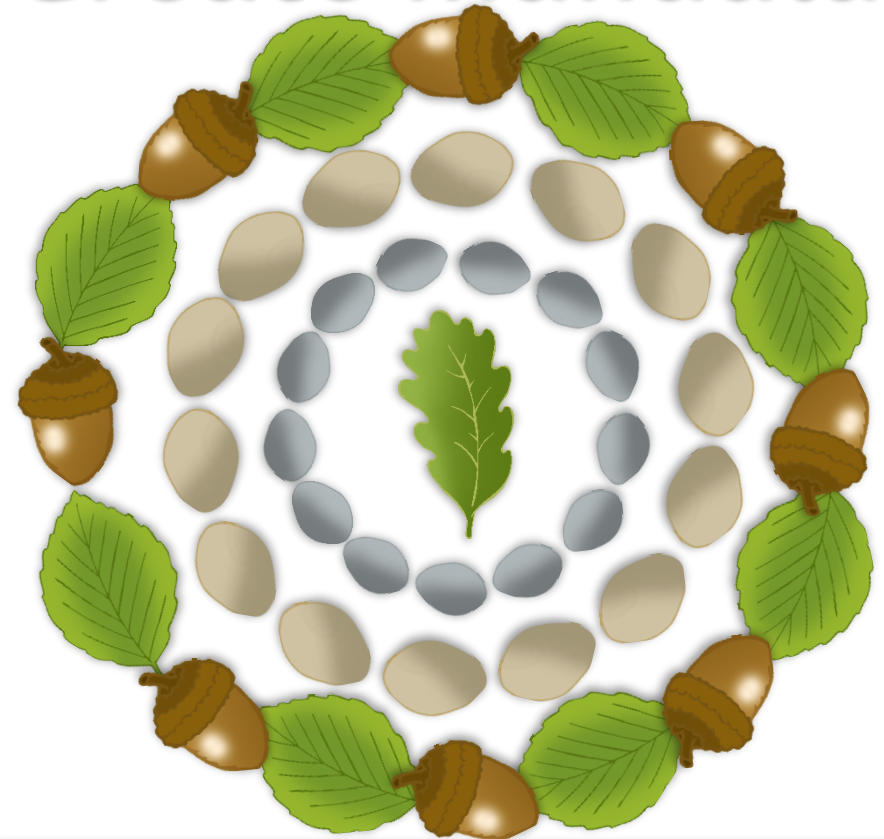


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Create mandala



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



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Watch wildlife



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



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Hug a tree

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



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Listening walk



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

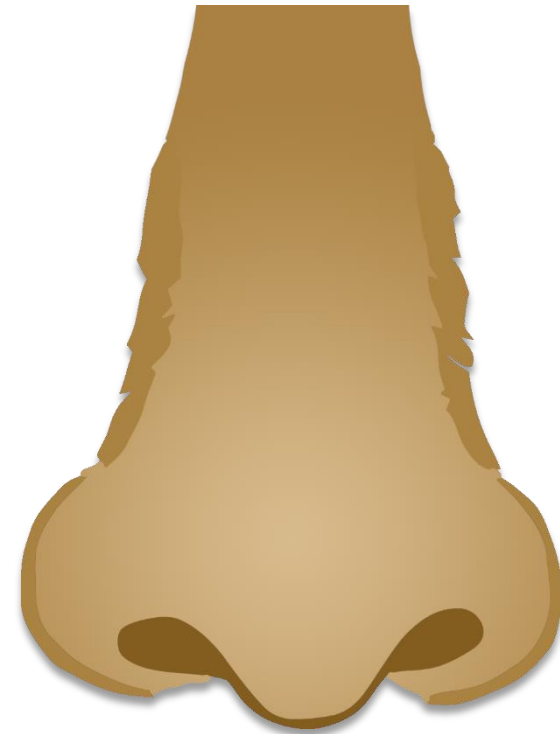


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Smell walk



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



Mindfulness

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A large, empty white rectangular area with rounded corners, intended for writing or drawing. Below it is a smaller, empty yellow rounded rectangular box.



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A large, empty white rectangular area with rounded corners, intended for writing or drawing. Below it is a smaller, empty yellow rounded rectangular box.