

Outdoor Mindfulness

Exploring Family togetherness and Mindfulness one Breath of Fresh Air at a Time

Mindful Steps

This is a wonderful sensory activity that allows for you and your child to connect with nature and help develop your self-awareness.

You can do this anywhere

This is especially fun if you have an area where there are different surfaces. You can start on the grass and move to a sidewalk or a stone path. While walking ask your child what they are feeling.

- Are their feet cold or hot?
- Does the ground tickle their feet?
- Is the ground soft or hard?
- You can incorporate other senses into the experience.



Wonderful extension to this activity is to begin focusing on your other senses as well.

What are you hearing? What are you smelling? How does your skin feel?

This activity allows for exploration of nature and development of self-awareness.