

Outdoor Mindfulness

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

Creating a Nature Treasure Box

Nature is full of hidden treasures. In this activity children explore nature and practice early science and math skills by collecting items found in nature. Older children can also organize the items into categories.



What You'll Need:

- A shoe box, egg carton or any container that is easy for children to carry
 - Materials to decorate the shoe box (ex: ribbon, constructions paper, stickers, etc ...)
 - A place where you can explore and find your treasures.
1. First you need to decorate your box so that your Treasure Box is ready to fill
 2. In your local park, backyard or woods, work with your child to explore and collect items from nature. Talk with your child about the things they could collect like twigs, leaves, rocks, acorns, pine cones, etc.
 3. When you get home look through their treasures to see what they have found. For older children you can begin to create categories for them to sort their treasures (Pinecones, rocks, flowers etc.)
 4. Most importantly share. Suggest your child share and talk about their treasures.

Often children who spend time exploring the outdoors and nature are more cheerful and relaxed. Nature exploration stimulates the senses with real smells, sounds, sights, and textures and expands the brain.