

Outdoor Mindfulness

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



Rainbow Walk



The instructions are very simple:

Take a walk, and look for something red, orange, yellow, green, blue, and purple. Keep going through the colors, in order, until the end of your walk.

This activity is easy and can be done anywhere and at any time of the year.

To extend this activity you can:

- Bring a camera to take pictures of the colours you find. This is also a great opportunity to expand on the colour recognition by pointing out to your child the various shades of colour. Red can be dark or light.
- Discuss feelings with children. What do the colours make you feel?
- Bring paper and crayons/markers with you and sit down and just draw what you see.

This is wonderful calming activity that you can do with your child. Mindfulness activities are a wonderful way to connect and bond with your child while relaxing and relieving stress. You will also notice how much we overlook in our everyday lives.

