



Outdoor Mindfulness

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

Cloud Meditation

Children have natural curiosity when it comes to nature. With summer here cloud meditation taps into this natural inquisitiveness, and supports their emerging development of mindfulness.

How to do cloud meditation:

- Have them sit or lie down with a good view of the clouds.
- Begin by having them take five deep belly breaths and ask them to stare at the clouds while asking them these questions to guide the meditation.
 1. Are the clouds fluffy or thin?
 2. Are they moving?
 3. Are they making shapes of things you know?
 4. Are they all the same colour?
 5. What does the sky look like behind the clouds?

This is a great activity to do on a warm sunny afternoon when everyone needs to relax and cool down.