

Outdoor Mindfulness

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

Adopt a Family Spot



A great way to bond as a family and promote togetherness as well as a bond with nature is to adopt an outdoor spot. This spot can be anywhere easily accessible by you family

A tree or park bench, perhaps a spot on a trail that you can stop and relax.

This spot can become a weekly place you visit as a family or even just a one or two members. It can be a place you visit to calm and relax.

Name your place and visit regularly. Take books with you or pack a lunch and spend time in your spot. This spot can be your oasis, a destination that you go to as a place for comfort.

Some ideas for possible places:

- A tree in your neighbourhood or local park
- A bench r spot l your park neighbourhood
 - A special place in our yard

When you visit this place take time to honour it by always keeping it clean and never leave garbage. You can even make it a family goal to keep it clean.

This will help promote a love of the environment and respect for the natural world.