



MINDFULNESS IN THE OUTDOORS

Mindfulness in the outdoors doesn't mean you need to sit cross-legged under a tree and meditate!

It's about encouraging your pupils to be aware of the different sights, sounds, smells and textures that the outdoors provides. It's not uncommon to feel a little blue during winter months. Practicing mindfulness can help your pupils to let go of any worries, anxieties or stresses. It's also a great way of capturing the concentration and attention of your children!



MAGIC MINDFULNESS ACTIVITY

Take your pupils outdoors and ask everyone to find their own 'magic' space and sit quietly. Within the first few minutes the children might want to move, make a noise, or pull faces at each other. This experience can feel strange at first, but then you feel the wind on your face, you hear a bird sing, you feel the crunch of autumn leaves on your hands, and suddenly you're engaged with nature.

From this magic mindfulness space, the children may see insects in the grass, see a bird in the trees, watch a feather float to the ground. Afterwards, encourage your pupils to draw or write about their experience, and reflect on their feelings and emotions. This is a brilliant activity for calming troubled minds, and connecting your class with the sensory experiences made available by the great outdoors!

