



MINDFULNESS THROUGH OUR SENSES

Mindfulness is a part of everything we experience in life, if we are connecting to the present moment we are experiencing Mindfulness.

The following 5 activities will support you and your children to dive a little deeper into mindfulness based practices, and enjoy a playful experience together.

Next time you are on a walk with your children, try engaging all of their senses by playing these simple and fun games!

Sight

Play I Spy

Try focusing on the little details of your surroundings to make the game more challenging!

Hear

Pause on your walk

Ask your children to close their eyes and focus on one sound they hear. After a few minutes, ask them to describe the sound to you by making the sound themselves!

Smell

Stop and smell the flowers!

Ask your child to choose a flower and smell it. Then ask them to describe the scent to you. Now ask them to smell another flower. Talk about the similarities and differences.

Taste

Ask your child to stick out their tongue and "taste the air"! Children will most likely giggle. Ask them what the air tastes like. Their imaginations will come alive with the most brilliant things!

Touch

Pick a few things around you;

Maybe the grass, the petals of a flower, the sand at the park. Now one by one, have your child describe how they feel. What are the similarities and differences? What feels the softest? What feels the roughest?

Have fun with it!