A poster with pictures of various objects

Description automatically generated with medium confidenceA yellow sun with a smiling face

Description automatically generated

Mindfulness Walks

This poster contains ideas for walks that promote mindfulness and encourage an awareness of surroundings.

The ideas are intended to give the children time and space to focus on one thing at a time, remaining in the present moment.

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Shape

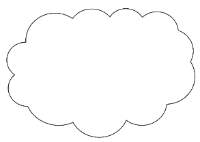
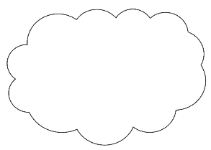
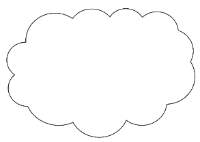
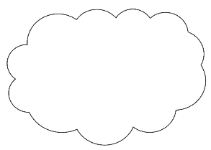
Description automatically generated with low confidenceShape

Description automatically generated with low confidenceShape

Description automatically generated with low confidenceShape

Description automatically generated with low confidenceA yellow sun with a smiling face

Description automatically generated



Mindfulness Walks

A group of birds flying in the sky

Description automatically generatedA group of birds flying in the sky

Description automatically generated

A red object with black background

Description automatically generatedA blue light on a black background

Description automatically generatedA yellow light on a black background

Description automatically generatedA white leaf with black background

Description automatically generatedA yellow and grey pencil

Description automatically generatedA white object with a black background

Description automatically generatedA white object with a black background

Description automatically generatedA brown tree branch with no leaves

Description automatically generatedA rainbow flag on a black background

Description automatically generatedA ladybug with black dots

Description automatically generatedA close up of a shell

Description automatically generatedA cartoon of a magnifying glass

Description automatically generatedA white shell with white lines

Description automatically generatedA green leaf on a black background

Description automatically generatedA close up of a shell

Description automatically generatedA green leaf with lines on it

Description automatically generatedA close-up of a football ball

Description automatically generatedCartoon of a person kneeling

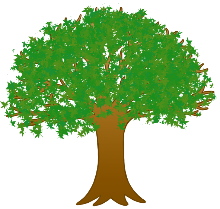
Description automatically generatedA tree with green leaves

Description automatically generatedA cartoon of a child with his hands up

Description automatically generatedA cartoon of a bee

Description automatically generatedA cartoon of a hedgehog

Description automatically generatedA cartoon squirrel eating a nut

Description automatically generatedA circular object with a brick wall

Description automatically generatedA close up of a hand

Description automatically generatedA green and red fruit

Description automatically generatedA screenshot of a building

Description automatically generatedA tree with yellow leaves

Description automatically generatedA yellow flower with green leaves

Description automatically generatedA nose of a horse

Description automatically generatedA purple flower with green leaves

Description automatically generatedA cartoon of a police car

Description automatically generatedA blue eyeball with black circle

Description automatically generatedA close up of an ear

Description automatically generatedA green blob on a black background

Description automatically generatedA yellow blob on a black background

Description automatically generatedA blue blob on a black background

Description automatically generatedA red blob on a black background

Description automatically generatedA brown blob on a black background

Description automatically generated



Natural art

Breathe in…

Breathe out…

Rubbings

*(Find colours in rainbow order.)*

Sketches

*(Draw a certain number of sketches on your walk.)*



*(Find 5 interesting stones on your walk.)*

*(Find 5 interesting sticks on your walk.)*

Sounds

Smells

Sights

Magnifier

Rainbow

Sticks

Stones

Deep breaths

Textures

Noticing wildlife

Body shape poses

Collecting

Colours

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