

From mountain to sea

Educational Psychology Service Mindfulness Activities



Take a Mindful Walk

- Stroll through your neighborhood in silence for a few minutes.
- Walk mindfully.
- Notice how the ground feels under your feet.
- How do your feet feel in your shoes?
- Is your weight evenly spread?
- Can you feel the wind on your face?
- What about the heat of the sun?
- Pay attention to all the sounds you hear.
- What can you see?
- What do you notice about the colour of the things you see?
- What textures are there in your environment?
- Pick up a twig – how does it feel?
- Is it light or heavy?
- What about the smells around you?
- How do you feel?

Make a Glitter Jar

- Half fill a jar with water.
- Add a good squeeze of PVA glue.
- Add different colours of glitter. These can be thought of as representing different emotions or simply as interest to notice.
- Put the lid on tightly and shake the jar.
- Notice how the glitter swirls and then settles. As it settles, breathe mindfully.
- How do you feel as you watch?