

Outdoor  
Mindfulness  
Activities for  
Primary  
Children



## Senses hunt

Explore your outdoor space and ask the children to locate five things they can see, four things they can hear, three things they can feel, two things they can smell and one thing they can taste. You could do this seated in one area and have the children search from a seated position quietly with their eyes, or with young children, encourage them to move around the space carefully observing on their own.



## Visualisation

Take your children outside and ask them to sit or lay on the ground with their eyes shut. As you speak, ask them to picture what you're saying inside their mind. You could make up wild and wonderful adventure stories (think swimming down chocolate rivers, flying through a sunset, launching into space). Alternatively you could recount a past experience such as a holiday or special event (sharing the details of what you could see, how you felt, what you did), or grab their favourite story and read it to them (they can visualise the story as it unfolds).

At the end, slowly introduce some movement by wiggling the fingers and toes first, circling the wrists and feet, then stretching and reaching to wake their bodies back up. Make sure to ask them how they feel afterwards!

## Body scan

Ask your class to lay down on the ground and close their eyes. Every time they breathe out encourage them to let a part of their body go heavy and loose. Start by asking them to release their toes on their next breath out. Then their feet, legs, knees, hips, back, shoulder, arms, hands, neck, head and face. At this point the children will feel very relaxed and calm, allow them a few minutes to lay and just be.

To bring them back around, ask them to slowly move the different parts of the body beginning with the head, neck, shoulders, arms, hands, back, hips, legs, feet and toes. Then jump up and have a huge wiggle!



## Grounding

Have the children lay down on the grass with their eyes open. Ask them to take a moment to see what they can feel. Asking one question at a time with pauses for the children to think. Ask 'how does the ground feel against your back? The back of your head? Your heels? How does the grass feel under your fingers?' Then ask the children to take a deep breath in through their nose and out through their mouth, letting out a big sigh as they let their breath out. Repeat again.

Now ask them to close their eyes and tune into their ears. Ask them to notice the sounds they can hear. Support them by gently pointing out the birds, trees rustling, cars driving by, people talking. Allow a few minutes for the children to quietly observe them. Then prompt them to slowly blink their eyes open and give the sky a smile!

Ask the children to sit up and face you, model patting down your arms and legs one at a time. Patting down one side of the arm, then as you pat back up the arm, patting on the other side. This will help bring some energy back to the children if being still has made them feel a bit sleepy!



## Mindful snack time

Have your children sit in a circle outside whilst they enjoy a healthy snack. Bringing this activity outside will support the children in being focused and present. As they eat their snack, encourage them to take their time to look closely at the snack.

What colours and textures can they see? How does it smell? Is it crunchy or soft? What does it sound like when you chew? What does it smell like? Taste like? Can they chew it slowly? All of these observations will help bring children into the present moment, making this a great activity for when emotions have run high in class.



## Cloud watching

Ask the children to lay down on the ground. Take a few minutes to observe the sky. Watch the clouds as they slowly blow over. Ask the children, 'Can you spot any shapes, animals or people in the shapes of the clouds?' Encourage them to quietly discuss them with someone laid next to them. After some quiet discussion, ask the children to just quietly observe the sky on their own.

When you are ready to bring their attention back to you, begin by asking them to blink their eyes, run their tongue around their teeth, turn their head side to side and then continue small movements like this down the body, before sitting up to face you.

**\*Safety note - please ensure that you and your children don't look directly into the sun as this is likely to damage your sight.\***

## Worry leaves

Collect some leaves from your outdoor space and marker pens. Have the children write or draw their worries on the leaves. Let them share as many as they would like, no matter how big or small the worry is, during circle time. Make sure to reassure the children after sharing each worry and offer support where needed.

When the children have finished sharing, scoop up the leaves and explain that we're going to blow our worries away and focus on the positive things in our lives. Wait for a gust of wind, throw the leaves up into the air. Watch as they're carried away!

If you have children who aren't able to verbalise their worries. Bubbles are a great alternative. They don't need to say what the worries are. Simply encourage them to blow their worries into the bubbles, then watch them float away and pop.

