

Nature at home

Experience the magic of
Forest School from home!

Mindful Senses

These simple exercises will help you to find some calm and open your senses to the world. This can be done anywhere by any age but being near a window or in nature is ideal.



Step One

First take a moment to sit comfortably on a chair or a cushion. These activities can be done in any order, but the key is to be paying attention to what is happening. It does not matter how successful you are, the most important thing is to keep your awareness on the sensations.

Step Two

Start by paying attention to what you can **hear**. Are things far away? Close? Don't worry about what they are, just let the sounds wash over you. Spend a few minutes exploring the different sounds.

Step Three

Now bring your attention to what you can **feel**. Is there a breeze on your skin? Can you feel the weight of your body on your seat? Scan down your body and see if you can feel every part!

Step Four

How about your taste and smell? What does your tongue taste? Are there any smells in the air? Finally, open your eyes and see how many colours you can see. Had you noticed them all before?

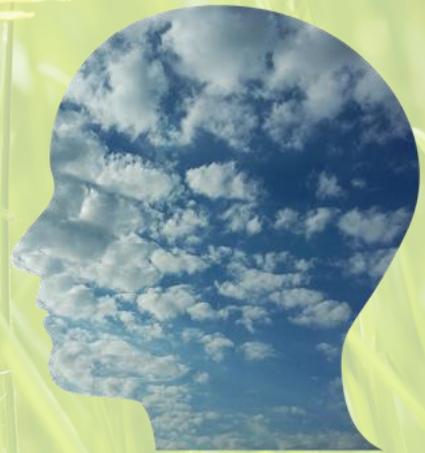


Kit List

- Nothing! (maybe some pebbles).

Unsure what
mindfulness is? -

https://www.youtube.com/watch?v=0k_R7R1gIdA



City of Westminster



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA