



Nature & Mindfulness Sensory Awareness Activity

- Find a comfortable place to sit in nature.
- Put one hand on your stomach and slowly breathe into your hand.
- Reach your head to the sky and gently open your chest.
- Root your tailbone down towards the earth.
- Close your eyes and notice the air on your skin.
- Breathe through your nose while slowly moving your head back and forth. Notice the scents around you.
- Listen near and far. What sounds do you hear?
- Stick your tongue out and taste the air.
- Spend a few minutes breathing with your eyes closed and just simply notice your experience without judgement.
- When you are ready, slowly open your eyes and imagine that it's for the first time.

Take a few minutes to write about or draw your experience.

