

Outdoor mindfulness activities

Cloud watching: lie back and watch the clouds. Draw the shapes and pictures you see.



Sound maps: find some natural objects (stones, leaves). Sit in nature and listen to the sounds around you. Create a map of sounds by positioning your objects where you hear different sounds: these can be heard in front, behind, left and right. These can be words, symbols, pictures. After you finish you can draw your sound map.



Musical sticks: find a stick in your outside environment. Take the stick on a musical walk: bang it against various objects and sounds to make different sounds as you walk along. How many different sounds is it possible to make with a stick?

Leonardo da Vinci's curiosity challenge

Leonardo strongly believed in the value of curiosity. He understood that asking questions is sometimes more important than answering them. Your challenge is to walk around outside and record as many questions as you can in a limited amount of time. They can be questions linked to your senses or random questions that pop into your head about how you are feeling. Then come back and choose your three favourite questions. As a group, share these and maybe you could start a philosophical discussion about them.

