



PROJECT: GET IT DONE TOGETHER

Mindfulness Safari Hunt

If you're parents allow, take a nature walk and see how it can help reduce stress levels and increase joy:

1. Go outside!
2. Try picking up a small rock or touching a plant or flower.
3. Notice the bugs or the birds chirping.
4. Take a moment to kneel down and touch the earth.
5. Walk mindfully closely paying attention to everything you see and hear.
6. Make sure you walk in silence so that you can take the time to notice all the little details.
7. See how you feel at the end of your "safari" – Did thoughts of other things fill your head? Or do you feel relaxed?

Any time you feel overwhelmed, this is a great way to take 5-10 minutes for yourself to clear your mind!