

Mindfulness Tour

Best after playtime, this mindfulness tour can be done in most settings, works best either outdoors or with a window or two open. This activity focuses on environmental stewardship as well as creative thinking.



What Materials You'll Need

- Optional, paper
- Optional, writing, coloring, or painting tools

Activity Time

15-45 minutes depending on how long you reflect

Instructions

1. Take youth to a desired spot and have them close their eyes, ask them a series of questions about what they hear. They can answer aloud or remain silent
2. After this is done have them place the sounds to what they see around them. Reflect together about the senses
3. If you want to extend this activity the youth can color, sketch, or paint their surroundings

Reflection Questions

What did you hear?

Can you see what you heard now that your eyes are open?

What was your favorite sound?

What colors do you see?

What different colors are on the plants and animals around you?

What plants are in bloom?

Are there clouds today?

What do they look like?