

## Mindfulness - noticing

We don't tend to actually get a chance to notice what is around us, our minds get full up of thoughts, and so we don't really look at things properly. When we use mindfulness, we focus on what is around us.

As we have some beautiful weather this week, can you find something to look at outside, really look at it and describe exactly what you see. You can do this by telling your adult, drawing it or write about it.



Jasmine decided to draw the bird table, she was noticing the way it stood against the fence and the top of it seemed to disappear in the top of the trees. There was a pile of bird food half way up and a bird feeder hanging on a point at the top. The trees behind the fence had quite a lot of green leaves on the branches.

Now can you stand very still, close your eyes, take 3 deep breaths and listen. Can you name 3 things that you can hear?



Jasmine closed her eyes, took 3 deep breathes and stood still for a minute.

She could hear the birds, tweeting sweetly in the trees.

In the distance, she could hear the humming of cars.

She could hear the wind, rustling the leaves in the trees.