

MINDFUL ME

MINDFULNESS IN NATURE

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, learn how to feel empathy, create and achieve goals, and make good decisions. One goal of teaching SEL skills can be to help children care for themselves, others, and the world around them. The more time children spend in nature, the more likely it is they will protect it in the future.

BEFORE READING

Talk to the reader about time spent outside.

Discuss: What are some activities you enjoy in nature? How does playing outside make you feel? Does your body feel different after playing outside? Do you experience different emotions?

AFTER READING

Talk to the reader about mindfulness and nature.

Discuss: What does it mean to be mindful in nature? Have you ever been mindful outside before? Did you learn any new ways to be mindful after reading this book?

SEL GOAL

Kids sometimes struggle with choosing to play outside. They may prefer spending time indoors, on digital devices. Try giving them examples of activities they can enjoy outdoors. Explain the importance of spending time outside every day. Consider moving appropriate lessons outside with an outdoor curriculum plan. Help your students experience nature in as many ways as possible.

GOALS AND TOOLS

GROW WITH GOALS

There are many benefits to practicing mindfulness in nature.

Goal: Find some water! Being near water is a naturally relaxing experience during which you can practice mindfulness. The ocean, a lake, or even a fountain can help you feel more connected to nature.

Goal: Grow something! Taking care of a plant can help you be more mindful and respectful of the environment.

Goal: Read about nature! Find a book of poems about the outdoors. Your librarian can help.

MINDFULNESS EXERCISE

Go outside. Explore what's around you. Then sit and observe. Notice your thoughts and how you feel.

1. How does your body feel?
2. Do you feel any emotions? What are they?
3. Do any of your thoughts or feelings surprise you?



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