



MINDFULNESS

20 DAY CHALLENGE

1999-2019

20

YEARS

OF Premier Education

Explorer's Adventure

Sponsored by Premier Education

Overview: This activity turns an average, everyday walk into a fascinating new adventure.

Time: 20 - 30 minutes.

Equipment required: An open/outdoor space (your garden is perfect) clipboards, paper and pens.

Benefits:

- Encourages gentle teamwork and communication.
- Facilitates a state of awareness and a grounding in the present.
- Encourages children to appreciate the world around them in a new light.

Going exploring:

1. Get everybody equipped with a clipboard, piece of paper and a pen/pencil.
2. Make sure that all children have appropriate clothing for the weather.
3. The children now explore an area - trying to be as quiet as possible - on the search for any signs of life that they can find.
4. Birds, bugs, creepy-crawlies - anything can be of interest.
5. Have the children write down and describe everything they see.

Variations:

1. If you're limited for space, this can be done anywhere, the idea is to promote attention to detail in an environment.
2. A variation could include plants (even grass!) or any effect of nature - puddles, twigs, snail trails.
3. If you're limited to indoors, you could ask the children to find "anything in the room created to improve our lives".
4. At the end of the walk, everybody can share what they found with each other - were there things that everybody found? Anything that only one person found? Was there anything else they noticed on their walk?