

Gentle Time in Nature

Mindfulness ideas for time spent outdoors this summer

Watch Wildlife

Spend time watching wildlife from your doorstep, a local park, or on a walk along the canal. Once you spot something, spend time watching the behaviour of the animal. Can you see anything you've never noticed before?

Go Barefoot

In a spot that is safe, like a back garden or a patch of grass in the park, take off your shoes and let your toes touch the ground.

Cloudspotting

Sit or lie down on the ground. Breathe in and out as you watch the clouds roll by in the sky above you. Take notice when a cloud looks like something else. What shapes can you find in the clouds?

Mindful Breathing

Mindful breathing is a technique you can practice anytime, but it is a lovely activity to do outdoors. Mindful breathing is focusing on our breath as we breathe in and out. In nature, you might like to practice mindful breathing while taking notice of the different things you can hear, smell or touch such as bird song, pollen and the grass beneath you.

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Play "I Spy" Outside

This is an outdoor game that practices mindfulness through mindful observation. Have one person find a target item. They might say, "I spy something green." Others in the group should look around and take turns guessing what item might be the target.

Take a Walk

Put your phone away and go for a peaceful walk. Notice what you see, hear, smell, feel, and taste. These sensory sensations on the walk can be calming and mindful.

Read Outside

Find a nice shady spot under a tree or on a park bench. Read a good book aloud or silently for a period of time. When practicing mindfulness, it's important to focus on feeling calm and relaxed. Read and just be.

Take a stroll to one of the book libraries dotted around Todmorden, choose a book and read it outdoors.

Go On an Outdoor Scavenger Hunt

Choose a list of outdoor items to look for. You might seek a plant, a butterfly, something that starts with an S, and a bird singing.

The options for this are endless. Take time to find the items as you walk down the street, along the canal or in the park. Can't find everything on your list? That's okay, too! Part of mindfulness is learning to just be and avoiding the need for perfection. That's a lesson in mindfulness in itself.