

# Mindful Connections with Nature

Mindfulness refers to an intentional awareness of the present moment and paying attention to your mind, body, and surroundings in a non-judgmental way. Practising mindfulness outdoors can allow people to feel more connected to nature.

As you make your way along this trail, try one of these mindful exercises for a few minutes:

**BE STILL** and just listen. Close your eyes to help bring all your attention to what you can hear. If your mind wanders, gently bring your focus back to the sounds around you, noticing if they are loud or soft and whether they are constant or come and go.

**OBSERVE** part of a plant in detail, such as bark, a needle, a leaf, or a flower. Slowly trace the outline of it with your eyes. Examine every part of it. You may notice details that you have never seen before.

**STROLL MINDFULLY,** walking at a slow pace and bringing your awareness to your surroundings. Give other areas of your brain a rest by focusing on one sense at a time before moving to the next. What scents do you smell? What colours and textures do you see? Notice whether there is a breeze or if the air is still. Be aware of how your body moves.



Kamloops Naturalist Club - Blanket Flower



Lynne Borle



Kamloops Naturalist Club - Black Cottonwood and Long-Eared Owl

## MINDFUL NATURE ACTIVITIES FOR CHILDREN

Encourage self-regulation, calm, and focus from a young age by enjoying activities outside, such as:

- Making nature art by arranging items such as sticks, pine cones, and leaves into a design
- Balancing stones on top of each other to make a tower
- Watching the clouds and noticing the shapes they appear like
- Stargazing and tracking the phases of the moon
- Playing eye spy or doing a nature scavenger hunt



**CLIMATE CONNECTIONS TRAIL**



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