

NEIGHBOURHOOD nature

1

Look at your surroundings and notice the details of the plants, birds and insects.

2

Lay on the grass and watch the clouds.

3

Sit quietly and listen to the wind and bird songs.

4

Smell flowers and notice their scent and colours.

5

Walk in nature and notice the leaves moving in the breeze.

6

Feel the bark of a tree trunk.

7

See how many native birds you can find.

8

Sit up on a low tree branch and use your 6 senses to see what you can notice.

9

Pick up natural elements and feel their texture. Make sure you put them back in nature.

10

Listen to the sounds of nature around you.



10 Ways to Be Mindful Like a Pigeon

When Spending
Time Outside



River, Southern Montessori School student



*Elodi, Southern
Montessori
School student*