



**Gaddum**  
... Therapy

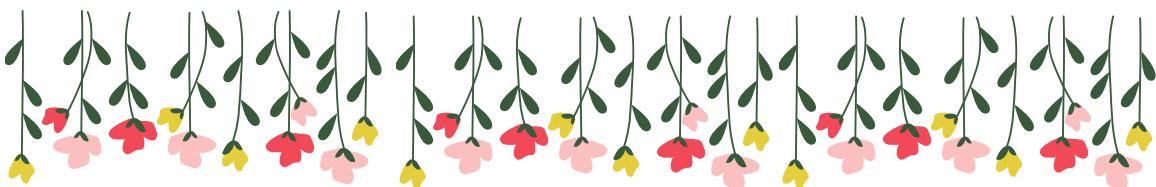
**Mental Health Awareness Week**

**Commencing Monday 10 May**

**Theme: Nature**

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Registered charity 507162



## Mindfulness and Nature...

When you hear the word 'Mindfulness', what does it mean to you?

Well, here we have an activity that combines both the practice of mindfulness with the nature that is around us. There are animals and plants listed for you to find whilst out and about in nature, as well as small bursts of mindfulness activities to do along the way.



# Can you find these animals?



Squirrel



Ladybird



Bumblebee



Butterfly



Frog



Hedgehog



Blue Tit



Duck



Caterpillar

# Mindfulness activities...

As you are walking, pay attention to the air. What does it smell like? Maybe the grass has recently been cut. What does it feel like to breathe it in? Notice this and really focus on the air. Feel free to write below how it smells and feels:

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As you are out in the wild, what can you hear? Close your eyes and focus on each sound you can pick out. Birds? Children playing? A football being kicked? Bicycle bells? Pay attention to these sounds for five minutes. Feel free to list some of the things you can hear below:

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If you fancy strolling across some grass, here's one to try. Pay attention to the how the grass feels to walk on. If you want to go a step further, how about take your shoes off, and see how the grass feels under your feet? Maybe it tickles, maybe it feels warm from the sunshine. You could sit on the grass and rest your hands on it. How does this feel? If there is no grass nearby, how does the pavement/path feel to walk on? Perhaps it is bumpy, or smooth.

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# Can you find these plants/trees?



Cherry  
Blossom



Sunflower



Lavendar



Daisies



Oak Tree



Bluebells



Daffodils



Fern



Acer Trees

# Mindfulness activities...

Perhaps today is a cloudy day. Take a seat somewhere you can look at the sky. While breathing calmly, can you notice the clouds changing shape and size? What images can you pick out in the clouds? If your mind wanders, acknowledge that, and bring your attention back to the clouds:

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Visit a river or stream and sit on a bench nearby. Close your eyes; listen and focus to the sound of the water running. Is it running fast or slow? Can you hear wildlife within the waters? Keep focussed on this and write down what you notice:

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Tune in to your imagination; imagine you are an animal, like a bird soaring through the air, or a squirrel searching for food. What do you think the wind feels like on a birds wings as they fly? I wonder how the trees feel as a squirrel climbs up it. Imagine you are a tree; what does it feel like to sway in the wind? Focus on your breathing and how it feels to take deep breaths of the air around you. Get creative!

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