

Help something grow: plant a garden

Gardening is a fun way to use your imagination and learn an essential skill for nurturing life.

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Whether you start your garden in a small tabletop bowl, on a balcony or patio...

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...or even in small pots in your bathroom or kitchen,

Just
be creative.



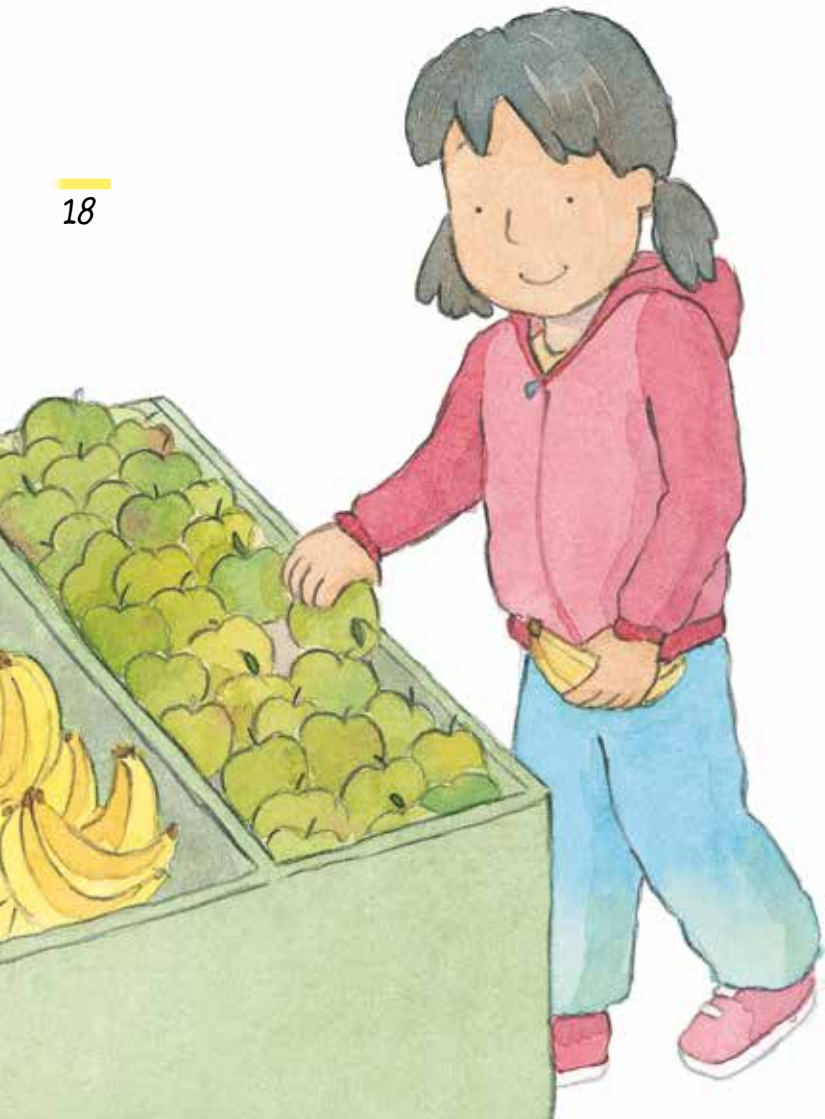


Mindfulness of the senses

Being mindful and in the moment is a useful way to calm your body down, relax and reduce stress. And what better way to practise this than through your senses?

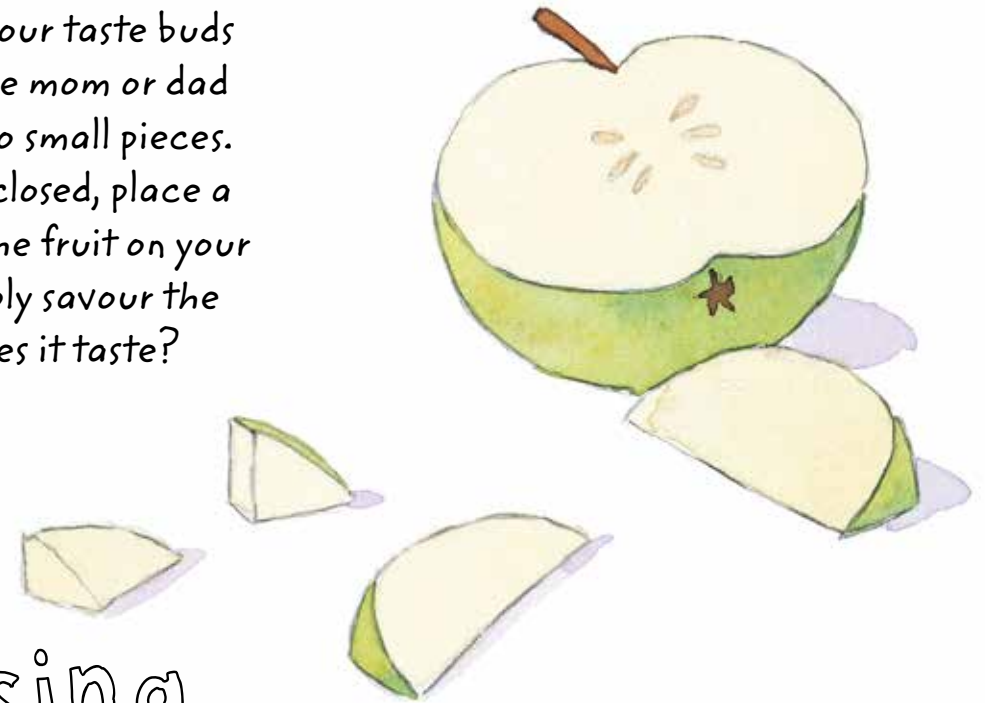
The next time you go to the grocery store with your mom or dad, ask if you can pick out one or two interesting-looking fruits. When you get home, sit down with your parent and explore your senses together.

First notice the colour of the fruit. Is it a bright or a dull colour? Is your fruit big or small? Hard or soft? Is the outside of your fruit smooth or bumpy? Now, close your eyes and smell the fruit. Can you guess what it will taste like? Will it be sweet, sour, bitter or tangy?



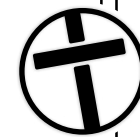
Now comes the best part of all!

It's time to let your taste buds come alive. Have mom or dad cut the fruit into small pieces. With your eyes closed, place a small piece of the fruit on your tongue and simply savour the flavour. How does it taste?



Focusing all of your attention on your different senses

is a great way to destress!



Loving God, our Creator,
You created me to know the
beauty of the world in so many
ways. Thank you for giving
me my sense of taste, smell,
hearing, sight and touch. Slow
me down so I am aware of all
my senses. Amen.

Why the great outdoors?

Taking your child/students outdoors regularly, as part of their daily routine, is a great way to enhance their natural curiosity about the world around them, develop their respect for nature and alleviate any stressful situations they had during the day. Playing outdoors promotes well-being, healthy exercise and overall physical development.

It provides an opportunity for them to explore their environment, develop muscle strength and coordination, and gain self-confidence. The best part of learning outdoors is that you can do it right in your own backyard, schoolyard or neighbourhood.

In the following pages you will find outdoor crafts and activities for the whole family.

