

15 – 25
Minute
Activity
For
Everyone

Mindfulness Sit Spot

As much as we try to structure and balance our daily routines, some days leave us feeling overwhelmed and disconnected. Creating space for yourself to reflect and be present in the moment can help instill a sense of calm, fueling your awareness and appreciation of the little things that surround you. Participating in a mindfulness sit spot is an exercise that you and your family can use to refresh your mind and slow down for a period of the day, deepening your gratitude and connection to the natural environment.



Reflection Questions:

- How do your surroundings differ from other places you've been?
- Did you find yourself getting distracted by anything? What was it that pulled your attention away?
- How could you change that next time?
- Did you notice anything new in your surroundings that you haven't noticed before?

Activity:

- Start by gathering a pencil or pen and sheet of paper.
- Next, think of an outdoor spot that you feel you connect with. This spot may be on your balcony, in your backyard, local green space or park.

Make sure this space is free from interruptions and the distractions of technology.

- Go to this spot, don't forget to bring your paper and pen/pencil.
- Sit comfortably and begin by taking a few deep breaths, trying to clear your mind. When you're ready, focus your attention on everything that's surrounding you.

What do you smell? What do you see? What do you feel? What do you notice?

- Write down a list of everything you're surrounded by. *Examples: wildlife, trees, the wind, flowers, buildings, natural noises, etc.*
- Looking at your list, reflect on everything that you have written down and explain why you are grateful for each item.

Examples: Trees for providing oxygen and shade, birds for chirping, flowers for beauty and colour.

- After completing your list and gratitude reflection, share your writing with your family or friends.

Materials Needed:

- Paper, Pen/Pencil, A Quiet Space Outside