

Supplies

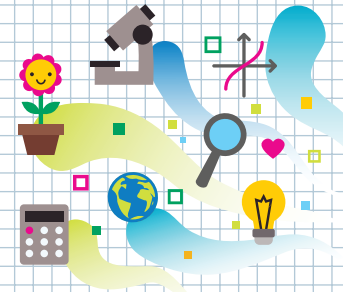
- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Five Outside” handout (1 per participant)
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print one copy of the “Five Outside” handout per participant.
- ▶ Set up the display table and arrange needed supplies.



HEADS IN, HEARTS IN



Five Outside Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

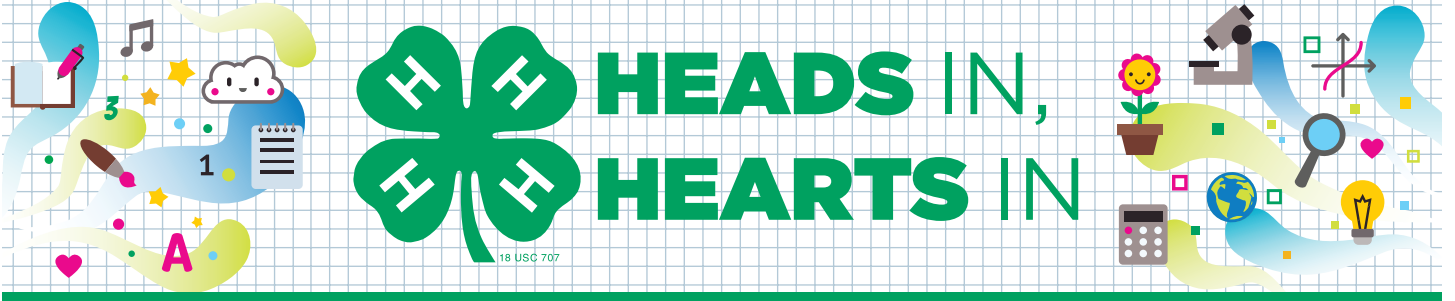
Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

Mindfulness can easily be practiced outside. In this activity, you'll go outside to practice mindfulness using your five senses and each of the fingers on one hand. Remember, your five senses include sight, smell, hearing, touch and taste.

Instructions

1. Safely go outside and find a comfortable place to stand, sit or lie down.
2. Recall that you have five senses: sight, smell, hearing, touch and taste.
3. Use each of the fingers on one hand to identify each of the five senses you are experiencing using the “Five Outside” handout as a guide.
4. Begin by using one hand to hold the thumb of the other hand. As you hold your thumb, consider the first sense: sight.
5. Slowly observe what you see. Notice movements, animals, plants, wind moving the grass or trees, clouds and other things.
6. Move to your first (pointer or index) finger and hold that finger with your other hand. As you hold your first finger, consider the sense: smell.
7. Slowly observe what you smell. Notice smells of flowers, grass, soil, laundry, cars, baked goods and other smells.
8. Move to your second (middle) finger and hold that finger with your other hand. As you hold your second finger, consider the sense: hearing.
9. Slowly observe what you hear. Notice sounds of animals, wind in the trees, movement from in the yard or outside the house, traffic, airplanes and other sounds.



Five Outside

Guide for Families, continued

10. Move to your third (ring) finger and hold that finger with your other hand. As you hold your third finger, consider the sense: touch.
11. Let go of your finger and slowly observe what you can touch around you. Notice textures such as smooth, scratchy, bumpy, soft and prickly. Try to touch as many different textures as you can.
12. Move to your fourth (little or pinky) finger and hold that finger with your other hand. As you hold your fourth finger, consider the sense: taste.
13. Slowly observe what you taste in your mouth. Stick your tongue out, hold it outside of your mouth and count to 20. Observe if your tongue and lips are dry or wet.
14. Repeat this activity in a variety of outdoor locations such as the beach, at a park or on the playground.

Five Outside

Five Outside Handout

