



Campbell Creek Science Center

Mindful Moments

These activities are designed to help you slow down and be more present. Find a place outside where you can be still for a few **moments**. This could be in your yard, along a trail, or in a field or a forest.

Take a few deep breaths to begin. Choose one or more of the following prompts to observe your surroundings. Move to a different spot, select another prompt, and observe the new location. Come back to these spots in the future and try the prompts again. What is the same or different?

Listen

Close your eyes. Take five deep breaths. How many different sounds do you hear? How close is the nearest sound? Listen to the gap between the sounds. How long do you hear nothing?

Perspective

Kneel, squat, or lie down. Look at all the small things on the ground. What new things do you notice? What would this forest look like from the perspective of an ant?

Observe

Choose two plants or other natural items near you. Look, feel, and smell them. What similarities do you notice? What differences can you see? What story does each one tell?

New Eyes

Close your eyes. Open them and imagine you're seeing this place for the very first time. What do you see that you've never noticed before?

Panorama

Take three deep breaths. Observe your surroundings as if you had never seen this place before. Slowly spin in a complete circle. What do you see?

Color

Spend a few minutes looking for color. How many different colors can you see from this spot? Pick one color. How many shades of this color can you notice?

Smell

Breathe deeply through your nose. What do you smell? Put your nose right next to a tree, a shrub, or the ground. How would you describe the smell?

Slow Walk

Walk between two points very slowly, observing your surroundings. What do you see, hear, feel, or smell during your slow walk?

