**Mindfulness Outdoor Adventure**

Go outside in your garden or a local park

Take in a deep breath welcoming the fresh air and notice how that makes you feel throughout your body

Try touching a flower or a plant, feel each petal or leaf

Walk mindfully playing close attention to everything.

Make sure you walk in silence because you want to notice all those little details

Notice the bugs or the birds, and the sounds that they make

Take a moment to kneel down and touch the earth, feel the texture is it warm, or cold is the earth moist or dry