



Spring Awakening - Activity #1 - FOR GUARDIANS (of kids ages 6 to 8)

1 FEEL

Suggested Time: 1-3 minutes

Tools Required: None

Modifications:

Take a comfortable position with your little one and ask:

“What is the first colour that comes to mind?” OR

“What colour do you feel like today?” OR

Find something in the house that they are drawn to and point out the colour of that object.

Benefits:

Grounding yourself with others and connecting with your feelings

Acknowledging how we feel today, right now, in this moment

2 BREATHE

Suggested Time: 1-3 minutes

Tools Required: A comfy place (other than your bed!)

Modifications:

Count to 5 slowly a few times. Encourage your child to think of their check-in colour while they breathe in and out. Then, looking around the room, see if they can find something

that matches their colour. How does it feel/look/smell/taste?

Benefits:

Tune into your mental health and well-being & wake up your senses before/after your walk

3 DO

Suggested Time: 10-20 minutes (or more)

Tools Required: Notebook & pencil/pen

Modifications:

Can be done when out on the walk or at home reflecting on what you saw

Your discovery walk can happen anywhere it is safe to do so.

Document your discoveries (drawings/photos/audio recordings/videos)

Note: There is no wrong answer. Let the imagination run wild.

Benefits:

To keep us tuned into nature and our environment with a fun and playful exercise.

The places we go are constantly changing, and so are we.

This exercise will allow you to rediscover familiar places by mindfully tuning into your five senses.

4 REFLECT

Suggested Time: 15 minutes

Tools Required: (Markers, stickers, cardboard, magazines, etc.)

Modifications:

This is a time for your family, individually, or in a group. This could be done through drawing, collage, writing, poetry, painting, sculpting, etc. You can see this activity as a form of journaling or as a way of documenting your journey. Again, there are no right or wrong things to create. This is a time of artistic expression, freedom and most of all FUN!

Benefits:

To create a physical documentation of one or all of the activities (check-in, meditation, discovery walk).

To allow ourselves to be inspired by what we did, saw, thought of, heard, tasted, smelt and make something creative and fun!

5 SHARE

By sharing our findings we are reminded that we are part of a bigger community, that other people /our friends are doing the same activities and we can collectively share and talk about our experiences, thoughts, feelings to get us through this isolated time!

Head to our Facebook page or Instagram to upload and share!

MORE INFORMATION ...



Email us at info@princessproductions.ca



For more info about Swallowing Clouds



Public Health Ontario - COVID-19 Public Resources



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