



Spring Awakening - Activity #1 - FOR GUARDIANS (of kids age 9 to 12)

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FEEL

Suggested Time: 1-3 minutes

Tools Required: None

Modifications:

You can read the questions aloud. If colour is not how you feel today, you can also use things like sound, texture, or other adjectives to describe it.

Benefits:

Guardians should keep their eyes open
Grounding yourself with others and connecting with your feelings
Acknowledging how we feel today, right now, in this moment

2

BREATHE

Suggested Time: 5 minutes

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

Modifications:

Can be done outside if you would like
Can be done before or after the walk depending on if you want it to get you ready for your walk or it might be easier for your child to concentrate on this following the walk

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
(around the block, in the garden, through the apartment/house, etc.)
Document your discoveries (drawings/photos/audio recordings/videos)

Benefits:

Taking the time to explore and appreciate nature and staying curious about what is around you.
An opportunity to tune into your 5 senses (something we do everyday) but may not always take the time to appreciate them fully

4

REFLECT

Suggested Time: 15 minutes

Tools Required: Paper & any Arts Supplies you'd like

Modifications:

This activity is meant to let participants go wherever their mind takes them, but if you need some inspiration:
Reflect on your experience from your walk. Draw something you wrote down on your list.
Draw things that are the same colour as the colour you felt today during your check-in

Benefits:

To create a physical documentation of one or all of the activities (check-in, meditation, discovery walk), to either be able to look back on at a later date or to simply reflect on your favourite parts of the day.
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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