



Spring Awakening - Activity #1 - FOR KIDS

1 FEEL

Take a comfortable position and close your eyes
 What is the first colour that comes to your mind today?
 What colour represents how you feel today?
 Take a few breaths
 Focus on the colour. How does it feel?
 Open your eyes slowly

*Optional: Share the colour you were thinking of with each other.
 Try to be precise on the tone of the colour by using an adjective to describe it.
 (example: bright green, baby blue, shiny pink...)

2 BREATHE

Take some time to notice what's around you and really be in the moment.
 Before your walk, find a place in your house.
 It could be beside the window in the living room, your bedroom, your favourite spot in the kitchen, anywhere you'd like.

Step 1:	Step 2:	Step 3:	Step 4:
What do you see?	Do you see: Different shapes? Different colours? Anything that matches your check-in colour?	Take the object that matches your check-in colour (or any object): Look at it closely Look at it from far away How is it different from before?	Once you feel ready, you can head out for your walk or adventure around the house!

3 DO

Go for a walk:
 In your backyard
 Inside your home
 In your neighbourhood

Bring a notebook and a pencil or pen.

As you go for your walk, notice and write down 1 (or more) of each (or get someone to write it down for you):

What do you see?
 What do you hear?
 What do you smell?
 What do you feel?

Keep this list for another activity to come!

4 REFLECT

Start a journey map on any drawing surface. You can keep adding to this throughout the weeks.

A journey map is a place for you to reflect. Document you and your life right now. Come back to it anytime.


Write, draw, colour anything you want


5 SHARE


Share your list of discoveries from your walk or send us a picture of your journey map!

Ask your parent/guardian to share with our Swallowing Clouds community!

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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