



**Castlecomer
Discovery Park**
Yours to enjoy



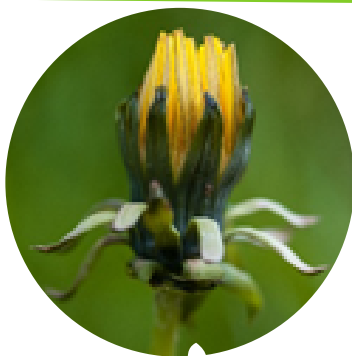
FUN WAYS TO LEARN AT HOME MINDFUL NATURE JOURNAL



The pace of life has slowed down over the last few weeks.
But nature isn't slowing down, Spring has just about sprung! What better way to enjoy and appreciate the changes than to create your very own Nature Diary to record all the interesting things you see, smell, hear, feel and wonder about! Here are some ideas to get you started on your nature connection journey!

SCIENCE

CAN YOU IDENTIFY THESE EMERGING LEAVES AND FLOWERS?



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MINDFULNESS SIT SPOT

Mindfulness involves paying careful attention to something while being aware of our own senses. Practicing mindfulness has great benefits for our health and wellbeing, reducing stress and anxiety and improving focus and concentration.

On the first day of your nature diary, spend a little time exploring your garden or outdoor space to find a nice spot, **YOUR SPOT**, to sit and enjoy nature for a few minutes. Every day, spend 4-5 minutes just sitting here quietly by yourself. Sit, breathe and just be! Look closely at what you see, maybe close your eyes for a little bit; what do you feel, are there sounds, what smells are you becoming aware of? With practice, it becomes easier. Try add an extra minute every day!

It's nice to slow down and take in all the things around us that sometimes we forget to enjoy!



Literacy & Art:

My Nature Journal Use a little notebook or find 7 sheets of paper (one for every day of the week).

Some things you might record but it's your nature journal so can include anything

- A drawing or words to describe the weather
- Today I noticed...
- I heard...
- Draw a plant or animal/insect seen today.
- Choose a colour for today, where do you see it, can you put some of it on your page?
- What I liked about being outside today...

Decorate each page with drawings/pressings from your garden or if you go on a walk - leaves, grass, flowers, soil!

