

Read & Seed – Mindfulness in The Gardens

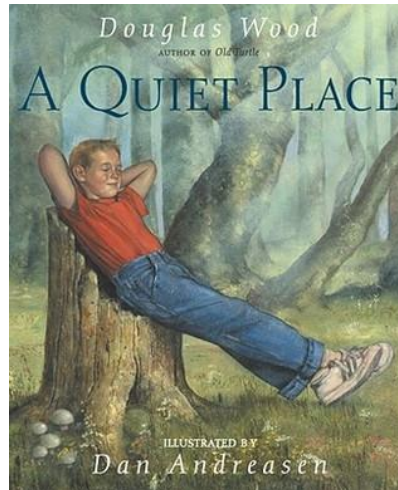
Description: This Read & Seed lesson will focus on practicing mindfulness in a fun and nature centered way. We will read *A Quiet Place* by Douglas Wood and Dan Andreasen, create our own mindfulness wands, and participate in some garden yoga. This lesson is aimed at connecting young learners to their natural world and promote school readiness skills.

Time: 45 minutes

Materials:

- Paper towel roll or toilet paper roll
- Streamers or ribbons
- Markers or stickers
- Tape

Book: *A Quiet Place* by Douglas Wood and Dan Andreasen



Movement/Music/Finger Play: Garden Yoga

Pretend to be a...

- **Tree:** Tree Pose – Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh.
- **Frog:** Squat Pose – Come down to a squat with your knees apart and arms resting between your knees.
- **Seed:** Child’s Pose – Sit back on your heels and bring your forehead down to rest on the floor.
- **Butterfly:** Cobbler’s Pose - Sit on your bottom with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.
- **Flower:** Flower Pose – Sit on your bottom with a tall spine. Bend your legs with the soles of your feet together. Hold on to your knees gently like you are a flower just beginning to bloom.

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Instructions:

1. Attach streamers and ribbons to the top opening of the paper towel or toilet paper tube with tape.
2. Use markers and/or stickers to decorate the outside of the tube.
3. Once finished with decorating, this wand can be used to focus on breathing. Each time the child takes a breath in, they point the wand towards them. For every breath out, they focus on moving the wand away from them.

Nature Connection:

1. Go outside and have your child bring their mindfulness wands with them.
2. Encourage children to use their five senses to notice activity while outside. A great example is to use their ears to listen to birds chirping.
3. Ask them to find a peaceful place to sit or like the book references, a quiet place outside.
4. Once they have found a good quiet spot outdoors, have them sit quietly for a few moments and use their mindfulness wands to practice their breathing. They can also use their five senses to continue to notice activity occurring around them.

