

Mindful Beach Walk

Head down to your local beach and take time to appreciate being...

Use your senses

One by one focus on using each of these senses in turn...



I hear _____



I feel _____



I smell _____



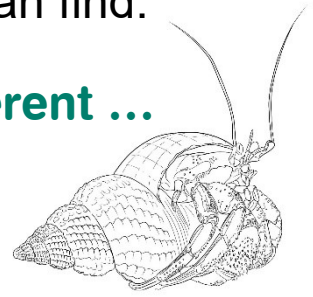
I see _____

Hunt for Nature's Treasures

Go beach combing and see if you can find:

5 Things that are the same but look different ...

Like 5 different types of shells.



4 Different things that feel the same...

They could all be smooth or wet even!

3 Things that are the same colour but are all different...

2 Things that make the same sound when you tap them.

1 Thing that should not be there!

If you can, tidy it away to where it should be.

It makes us feel good to take care of nature!

Memory Mapping

Decorate the word below to give yourself clues about the memories you want to take home with you...

BEACH