



**Barefoot Books**  
step inside a story

..... Barefoot At-Home Activities Kit .....

# Connecting with Nature & Animals

Tap into the natural world with these simple mindfulness and movement activities.

- 1 The World Around You: Nature Journal**  
Use your body and all your senses to observe the world around you.
- 2 Everything Changes: Watch the Flow of Life**  
Notice what changes in your environment.
- 3 Mindful Jungle Movement: Pay Attention to the Way You Move**  
Move like a jungle animal!
- 4 Animal Friend: Support**  
Make imaginary animal friends in this creative mindfulness activity.



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# The World Around You

## Nature Journal (Belize)



At Cockscomb Basin Wildlife Sanctuary in Belize, the world's only jaguar sanctuary, visitors can see hundreds of different animals, like howler monkeys, keel-billed toucans and sometimes even a hard-to-spot jaguar — but only if they are watching carefully! Honing our skills of observation helps us notice and learn to care for life all around us.

### Nature Journal



**You'll Need:** • pencil  
• notebook or pad of paper

- 1 Write "Nature Journal" on the front of your notebook so you're ready to record what you see.
- 2 Find an observation spot — it could be by the window, at the park or by the back door.



- 3 In your journal, write the date, the time of day and a note about the weather. On one side of the page, write "What I Sense," and on the other, write "What I Feel." Ask an adult for help writing down the words if you need it.



- 4 Use your body and all your senses to observe. What do you see and smell while standing tall and looking up and around? What do you hear and feel if you lie flat on the ground? Make notes or draw pictures under "What I Sense" to record your findings.

- 5 Use your mind and your feelings to observe. How do the things you notice make you feel? What are you wondering about? Make notes or draw pictures under "What I Feel." It's OK if you have more to fill in on one side or the other. This activity will help build your observation and thinking muscles!

#### Leave No Trace

Make sure you don't pick flowers, step on bugs or throw things at animals. When humans disturb the environment, it can cause big problems.



# Everything Changes

OPEN YOUR HEART



Watch the flow of life

## Everything Changes

- 1 Have you ever noticed that things change every day, like the weather? Perhaps a tree has a new bud or a flower has wilted. Or your toenails are longer than they were last week. Or a new student has joined your class.



- 2 Some changes are big, and some are small. You might feel happy about some changes and sad about others. That's okay.



- 3 Look around you and find one thing that has stayed the same and something else that has changed.

Maybe the sunny sky of the morning is still sunny. Maybe a bird you saw outside has flown away. What do you see?

- 4 Write, draw or tell someone how you feel about these changes.



# Mindful Jungle Movement

START YOUR DAY



Pay attention to the way you move

## Mindful Jungle Movement

- 1 Stand mindfully with your arms relaxed by your sides. Take three soft, slow, **mindful breaths**. Keep your eyes open.
- 2 Tighten and relax the muscles in your toes, ankles and legs. Lift one foot and feel your muscles working.



- 3 Imagine you are an animal in a jungle. Begin walking silently through the jungle. Try not to make a sound.
- 4 Feel your toes helping you balance. Feel your weight in your heels. Move your arms in a slow sway.
- 5 If you start daydreaming, pay attention to your feet again.
- 6 Move slowly across the room. Notice how your hips swivel and your weight shifts when you turn.
- 7 Cross the room three times, paying full attention to how you move.

**Tip:** If you use any equipment to help you move, notice how it feels and how your weight shifts when you use it.

# Animal Friend

TIME IN



Support

## ANIMAL FRIEND



Settle down and relax. Close your eyes and go inside. Breathe in love and breathe out worry . . .

Imagine you are outside. The sun is shining, birds are singing. You hear a rustling in the bushes and then a giggle. It's an animal watching you and it wants to be your friend. What kind of animal is it? Let it come close so that you can sit together and be close. This animal is wise and here to support you. If you have a question, a secret or a problem, you can share it with him. He will help you. Your animal friend loves you very much.

Card from Yoga Pretzels