

Welcome to GET OWT!

This week's GET OWT! is all about **Mindfulness** - helping you and your little ones find calm and wellbeing. The mindful moments in this session are **connecting with nature, stillness, breathing and senses.**

Today's Activities...



Craft: butterfly suncatcher

Make a butterfly suncatcher to take on today's trail. Stick the butterfly shape on one of the pieces of sticky-back plastic. Stick petals, flowers and leaves on the butterfly wings. Push on the wooden peg doll for the body and use pens to give your butterfly a face.

mindfulness nature trail

Take a stroll through our Mindfulness Trail. At each interactive station you and your little one(s) are invited to connect with nature and find some inner peace and calm!



activity: nature faces

Collect some nature objects to make some fun nature faces. Use the head outline in your bag to create different faces with leaves, flowers, twigs and stones for eyes, eye brows, nose, mouth, hair etc. Can you change the face to show different feelings? How are you feeling today?



activity: mud painting

Playing with mud improves your mood!* Visit the Event Shelter and enjoy mixing, painting, splatting, squelching, or making mud handprints!

play: lavender playdough

Visit the Event Shelter and enjoy some calming sensory play with lavender playdough.

Things to think about...

- *Scientists say the bacteria in mud releases happy chemicals in our brains, making us relaxed, happy and calm after we play with it! What makes you feel calm and happy?
- It's not always easy to stay calm and happy whilst caring for babies and toddlers, but your well-being (as a parent or carer) is just as important as that of your little ones. Visit <https://www.mentalhealth.org.uk> for tips on how to look after your mental health and well-being.

Thanks for being a part of GET OWT! today!

