



# ABOUT BAREFOOTCHILD

WHERE YOU'LL FIND US

WWW.BAREFOOTCHILD.INFO



@BAREFOOTCHILDCO

@EMBRACETHEWILDLING



HI THERE IM SKYE -LEE ,AND THANKYOU FOR DOWNLOADING OUR RESOURCES! IM A UNSCHOOLING MUM TO THREE WILDLINGS, TRYING TO LIVE A MORE SIMPLE LIFE ON A SMALL ISLAND IN THE MIDDLE OF THE OCEAN. I CREATED BAREFOOTCHILD AS I HAD A PASSION ABOUT WANTING TO ENTWINE MORE NATURE CONNECTIONS INTO CHILDRENS EDUCATION AND LEARNING SPACES,TO HELP KEEP KIDS WILD! HEAD OVER TO OUR WEBSITE WHERE YOU WILL FIND MORE OF OUR WILDSCHOOL PRINTABLES,INFLUENCED BY REGGIO EMILLIA,CHARLOTTE MASON AND FORESTSCHOOL, OUR NATURAL LEARNING BLOG AND OUR BIG VARIETY OF FREEBIES . WE LOVE HELPING OTHERS MAKE MONEY TO, SO DONT FORGET TO CHECK OUT OUR AFFILIATE PROGRAM, WHERE YOU EARN 50% COMMISSION (LEARN MORE OVER ON OUR BLOG) :)

## WHAT WE LOVE

Affilaite links

### FOR THE LOVE OF HOME-SCHOOLING

[homeschool virtual conference 2024](#)

[-nature study clubs and freebies from fortheloveofhomeschooling](#)

-if your looking for a extremely affordable way to home-school then don't forget to checkout their [lifetime unlimited download schoolhouse membership plans](#)

### HARBOUR & SPROUT

[-whole nature study curriculums from harbour and sprout -](#)  
use code BarefootChild to save 10% off , download their free samples to.

Dont forget to check out their [nature handicrafts ebooks like their NEW SPRING EDITION ebook](#)

**MY MEGA BUNDLES** affordable learning printables and a range of freebies



### OTHER HOMESCHOOLING THINGS WE LOVE

[-mel science-](#) science boxes delievered to your door

[-our favourite gift ideas for a wild child from small shops](#)

[-spring learning bundle by small etsy shop fiddlesticksED](#)

[-online home-school cooking lessons by kids cook real food](#)

[-science through nature](#)

[-Tree house school house nature studies - use code EMBRACETHEWILDLING to save 10% off](#)

[Silo & Sage - home-school courses ,workshops& more](#)



DIY  
 MINI NATURE  
 MINDFUL JOURNAL  
 24 PAGE  
 ACTIVITIES



4X ANIMAL  
 MINDFULNESS  
 BREATHING  
 FINGER TRACE  
 FLASHCARDS



**STEP INTO NATURE  
 MINDFULNESS PACK**



1X FOREST TREE TOP  
 TRACE BREATHING  
 MATS

8X NATURE YOGA  
 POSE FLASHCARDS



step Into



BAREFOOTCHILD

@embracethewildling

# THANKYOU FOR DOWNLOADING OUR NATURE MINDFULNESS PACK



## WHATS INCLUDED:

1x forest tree top mindful breathing mat ( cut out to form round edge mat)

4X animal finger tracing flashcards ( cut out to form round edge flashcards- use these how you like)

8x nature inspired yoga pose flashcards ( cut out to form your round edge flashcards - we have included a **SPIN WHEEL** for you to create a yoga game using ( instructions included on the page) simply flip over yoga pose flashcards face down and get your child to pick 1 card and spin the wheel to see how many seconds/minutes they need to hold that yoga pose for)

### 24x pages to add and create your own mini mindful journal

( cut out each page around the border, punch holes on the green coloured line side to add twine to create a journal book OR use a stapler) double print pages as need for DAILY,WEEKLY USE , and use mindful quotes and colouring pages as journal page fillers/addons throughout your journal

### Mindful journal pages include:

-1xWhat is mindfulness front cover page,

-6x MINDFUL quote pages, -1x daily reflection page, -1x tune in with my 5 senses daily page ,

-1x weekly anger reflection page and 1x weekly feeling joy reflection page.

4x mindful colouring pages,

2x mindfulness while garden activity1 pages ( this is weekly)

2x mindfulness while laying with nature activity 2 pages (this is weekly)

1x mindfulness scavenger hunt ( this is weekly for a month)

1x mindfulness colours in nature scavenger hunt page(this is weekly for a month)

1x mindful rainbow finger trace breathing page ( this can be used hourly, daily, weekly,as necessary etc)

2x spare/ free use pages for your child to take notes, and another for questions and answers

YOU CREATE on anything ,for your child to fill out - adding more activities for your mindfulness journal

## IMPORTANT NOTES:

\*All pages are to be printed on A4 size paper, thick cardstock for flashcards work best

\*cut out flashcards and pages around borders. Like all our products , use these however YOU LIKE, there is not strict guidelines, we create our products to easily be adaptable only give you ideas :)



HELP YOUR CHILD SLOW DOWN AND BE MORE MINDFUL AND PRESENT WITH NATURE

# FOREST BREATHING

Run your fingers along the tree tops while you breathe in and out.

*How many animals can you see, playing in the Forest?*



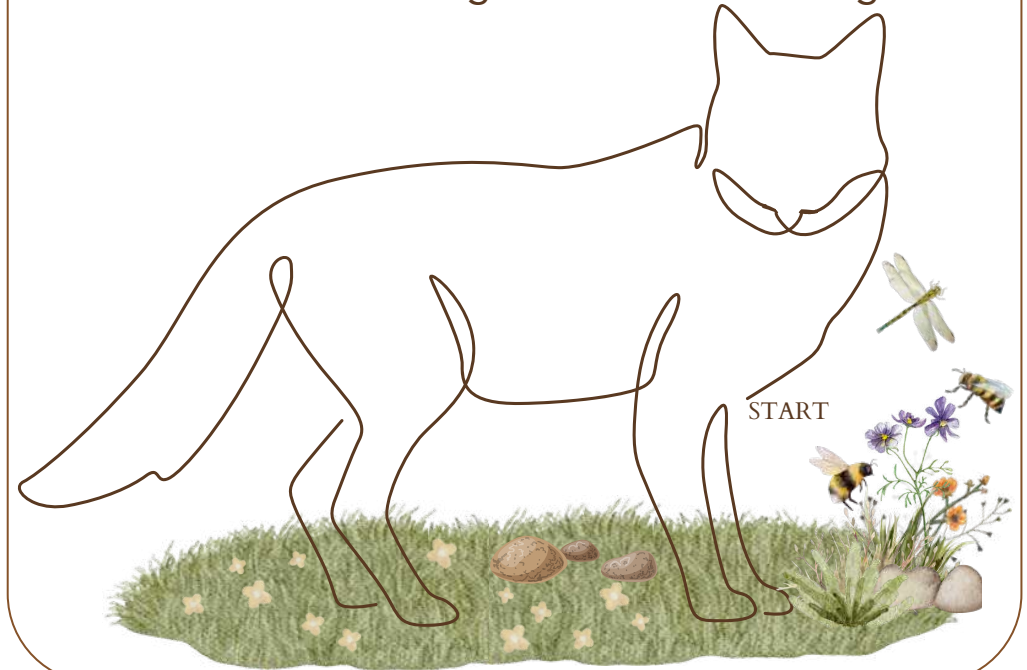
# MINDFUL TRACING

Use your finger to trace the animal on the line while concentrating on mindful breathing.



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Cut around borders to form your flashcards , setup and get kids to trace the animal lines with their finger, being mindful and present to the task at hand is key.

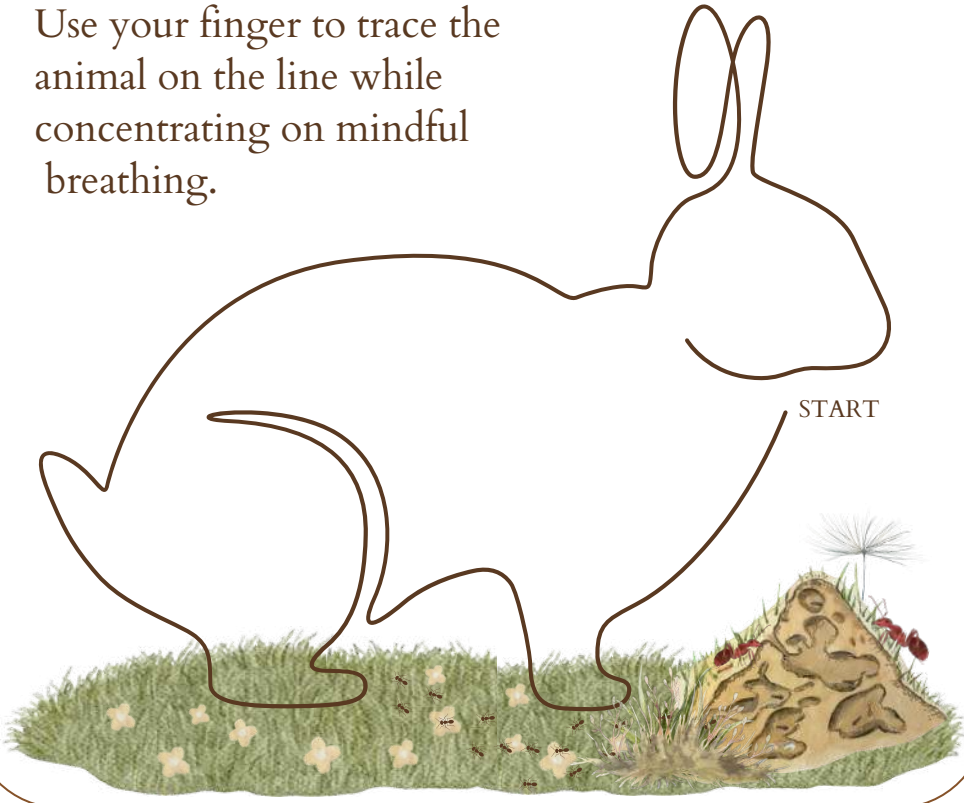




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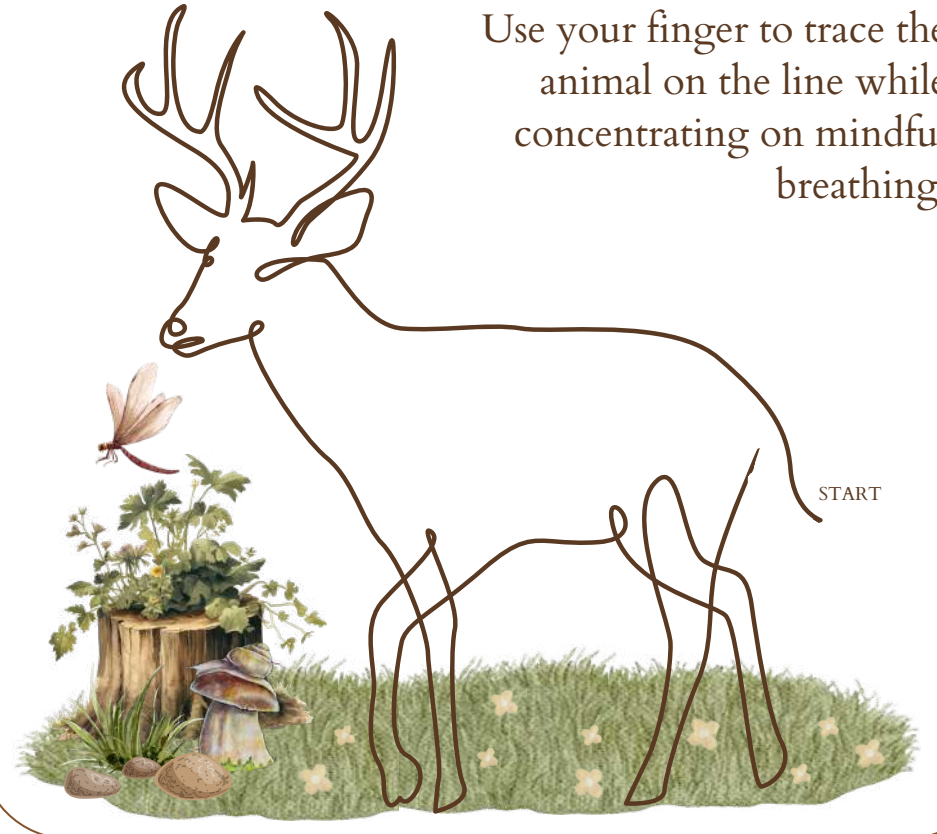
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cut around border to form your yoga flashcards, turn each card facedown and use the spinning wheel provided to spin and land on a time, whichever card your child picks up and whichever time it lands on, hold that yoga pose for that long!



# BRIDGE

Yoga Pose



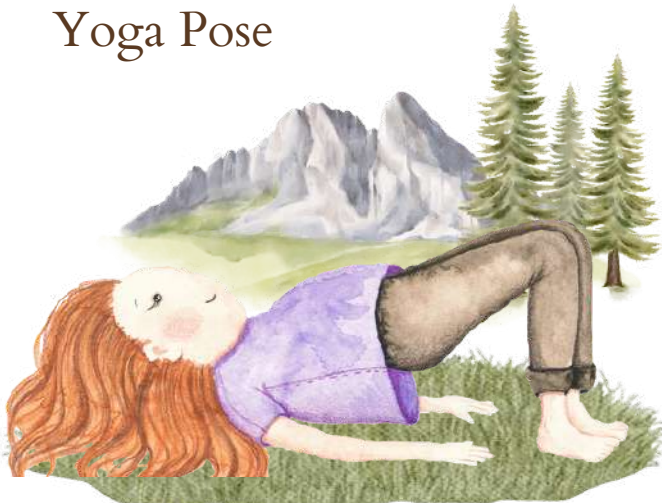
# FLOWER

Yoga Pose



# MOUNTAIN

Yoga Pose

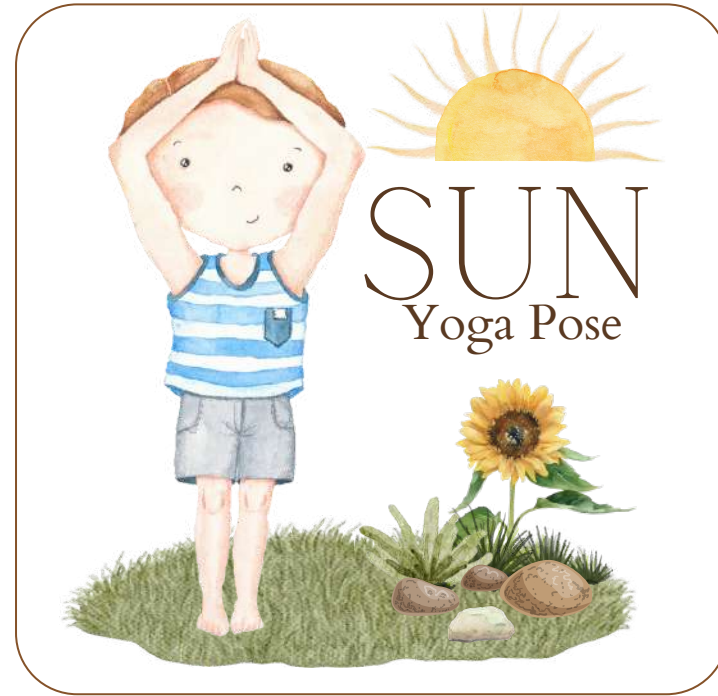


# BUTTERFLY

Yoga Pose



cut around borders to form your yoga flashcards, turn each card facedown and use the spinning wheel provided to spin and land on a time, whichever card your child picks up and whichever time it lands on, hold that yoga pose for that long!





# YOGA TIME : A GAME FOR MINDFULNESS

Cut out the circle and the arrow. Use a fastener to attach the arrow to the center of the activity wheel. Turn over your nature yoga pose flashcards and get your child to pick one of the flashcards that are face down!



Next spin the wheel to see how long you need to hold your yoga pose for!

Spin the arrow and whichever time it lands on, hold the yoga pose for that amount of time.

## EXAMPLE

You pick the mountain pose flashcard and spin the wheel and it lands on 2 minutes, that's how long you hold the mountain pose for!



# WHAT IS MINDFULNESS ?



Mindfulness is a practice of gently focusing your awareness on the present moment and being fully engaged with whatever you're doing at the moment — free from distraction or judgment.

## *Being mindful*

- improves brain activity and creativity
- boosts mood and self-esteem
- reduces stress, worries, and regrets
- helps develop stronger relationships
- encourages positive behaviour
- and improves decision making ability



"IN THIS MOMENT, THERE IS  
PLENTY OF TIME. IN THIS  
MOMENT, YOU ARE PRECISELY AS  
YOU SHOULD BE. IN THIS  
MOMENT, THERE IS INFINITE  
POSSIBILITY."

— *Victoria Moran*



# DAILY REFLECTION

Today is \_\_\_\_\_

Three moments you'd like to remember today:

One thing that inspired you:

One thing that surprised you:

One person who made you smile:

One thing you accomplished:



# TUNE IN WITH MY FIVE SENSES

Use the 5-4-3-2-1 grounding exercise to help you focus on the present moment and tune in to what is happening around you. Write what you are experiencing for each of your 5 senses in the boxes. Try this mindfulness exercise each day for as long as possible, to be in tune with yourself, with nature and with the moment.

5 things I see




4 things I feel



3 things I hear



2 things I smell



1 thing I taste



Today is \_\_\_\_\_  
and I have been  
MINDFUL





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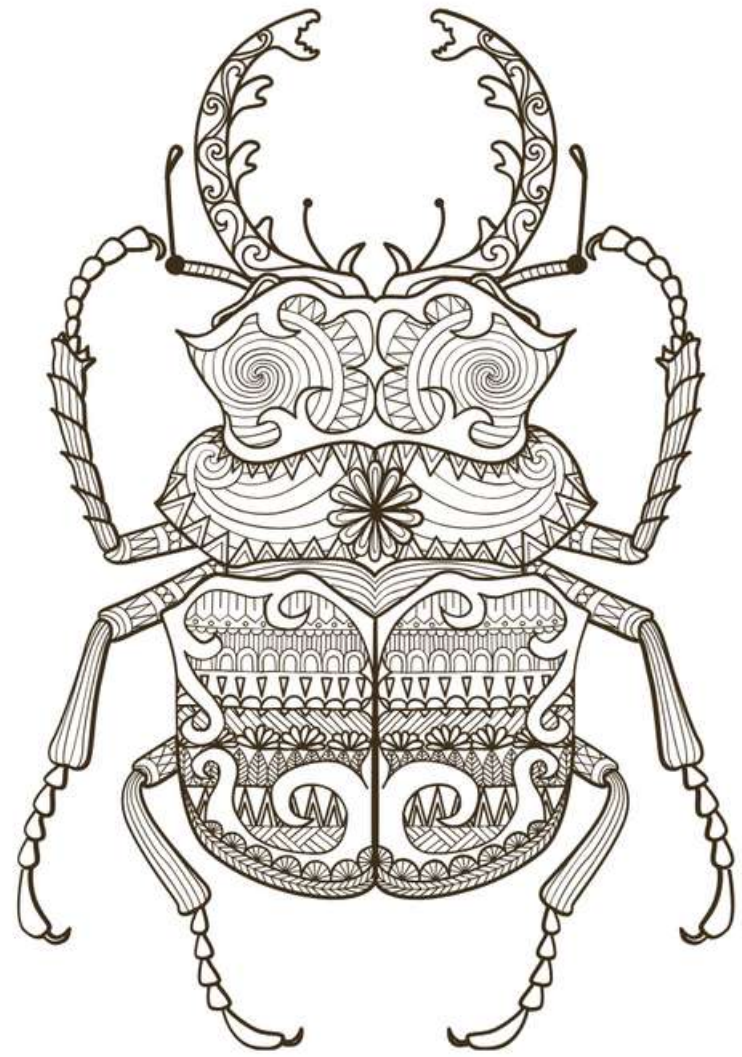
Today is \_\_\_\_\_  
and I have been  
MINDFUL



"SEE CHALLENGES AS OPPORTUNITIES TO GROW AND LEARN, LIKE A CATERPILLAR TRANSFORMING INTO A BUTTERFLY."



# MINDFUL COLOURING







# FEELING ANGER

Week of:

Write down five things that has made you feel angry this week.

Can you tell me a few healthy coping skills you use, or what you can do, to help you deal with your anger?

write

How have you mostly felt this week? Colour in one or more of the faces below that best represents how you have been feeling this week!



# FEELING JOY

Week of:

Write down five things that has made you feel joyful this week.

Describe one place this week that made you feel happy? Maybe it was visiting your grandparents or a walk in the park? Describe this happy place and what you could see, smell and hear while you were there!

write



Can you try and draw this Happy place?

draw





# MINDFULNESS ACTIVITY 1

Week of:

## Practice mindfulness while gardening.

Ask an adult to guide you on *sowing seeds*, *watering seedlings*, or *pulling weeds*.

Practice being fully present by turning your attention to the sights, sounds, smells, and textures of the gardening task at hand. Can you notice any insects near by? Can you hear their chitters, I wondering what they are saying. Being present in the now and engaging with nature is a great step in being mindful.

WHAT EMOTIONS CAME UP IN YOUR BODY AND MIND DURING THIS ACTIVITY? DID YOUR MIND WANDER? WHAT DID YOU THINK ABOUT?



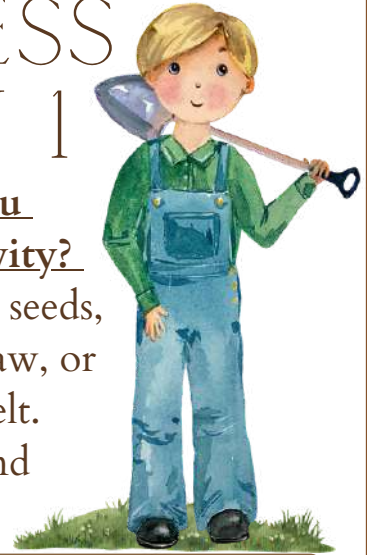
write

# MINDFULNESS ACTIVITY 1

## Can you draw what you felt in your gardening activity?

This may be you sowing some seeds, maybe its the little insects you saw, or that beautiful flower you smelt.

Draw you being mindful and present within nature.



Week of:



draw



# MINDFULNESS ACTIVITY 1

Week of:

Practice mindfulness while gardening.

Ask an adult to guide you on sowing seeds, watering seedlings, or pulling weeds.

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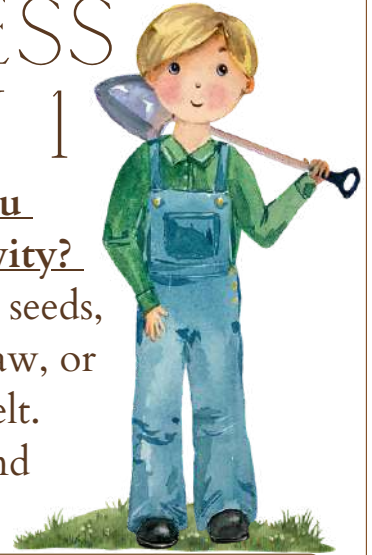
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Draw you being mindful and present within nature.



Week of:



draw



# MINDFULNESS ACTIVITY 2

## Practice mindfulness while laying with nature.

Ask an adult to guide you outside, and find the perfect spot for you to lay amongst nature, maybe its under the blossoming tree? or how about next to the patch of strawberries? Find a nice spot where you can practise being mindful and present. Bring a towel or blanket to lay on.

Once you have found the perfect spot.

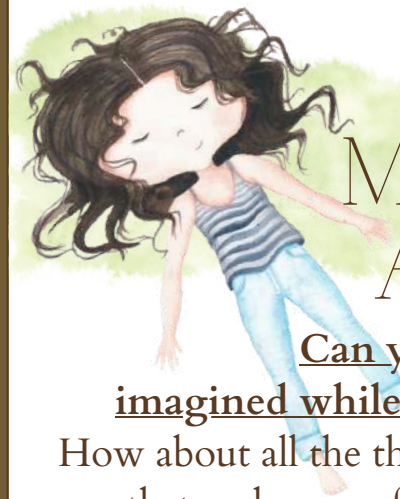
Its time to lay down and Close your eyes.

Breathe mindfully for *five minutes*. Breathe in for 3 seconds, hold your breath for 4 seconds, and breathe out for 5 seconds. As you *inhale*, you breathe in **love**, **joy**, and **peace**. As you *exhale*, you breathe out **sadness**, **boredom**, **anger**, and **tiredness**.

WHAT EMOTIONS CAME UP IN YOUR BODY AND MIND DURING THIS ACTIVITY? DID YOUR MIND WANDER? WHAT DID YOU THINK ABOUT?

Week of:

write



Week of:

# MINDFULNESS ACTIVITY 2

## Can you draw what you imagined while you laid amongst nature?

How about all the things you felt when you inhaled that makes you feel love , joy and peaceful ?

draw





# MINDFULNESS SCAVENGER HUNT

Tick off each activity as you achieve it, each week for 1 month!

 <p>Watch a sunrise or sunset without taking a photo</p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <p>Practice deep breathing</p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
<p>Taste something new and describe the flavours</p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 	<p>Write a poem about nature</p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 	<p>Sit in silence for 20 minutes and listen for hidden sounds</p>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<p>Feel the different textures of 5 things in your garden</p>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>Walk your neighbourhood at dinner time and smell your neighbour's cooking, or cook some traditional food from your country of choice</p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <p>Write a list of 10 things you are grateful for</p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 	

# NATURE COLOUR SCAVENGER HUNT

Head outdoors and tick off each colour as you find it in nature. Try this activity each week for 1 month!

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"YESTERDAY IS HISTORY.  
TOMORROW IS A MYSTERY. TODAY  
IS A GIFT. THAT'S WHY IT'S CALLED  
THE PRESENT.

— *Alice Morse Earle*

## MINDFUL COLOURING





“BREATHE DEEPLY AND LET YOUR  
MIND BECOME STILL, LIKE A CALM  
POND REFLECTING THE BEAUTY  
AROUND YOU.”

— *Be mindful*

## MINDFUL COLOURING







“WITH EACH STEP, FEEL THE  
GROUND BENEATH YOUR FEET AND  
THE AIR ON YOUR SKIN. STAY  
PRESENT IN THIS MOMENT.”

— *Be mindful*

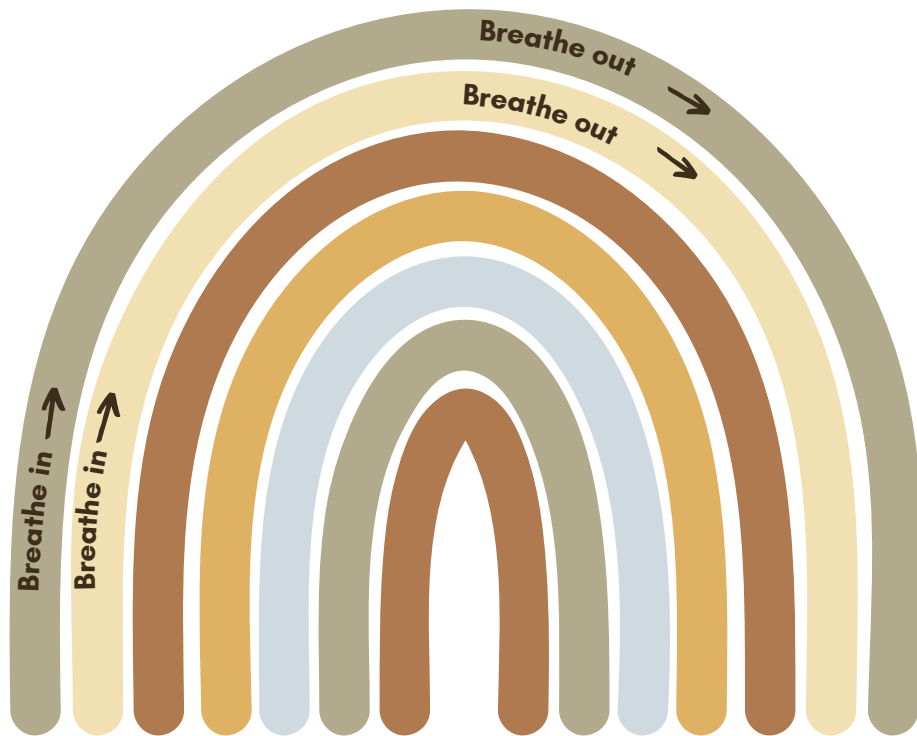
## MINDFUL COLOURING





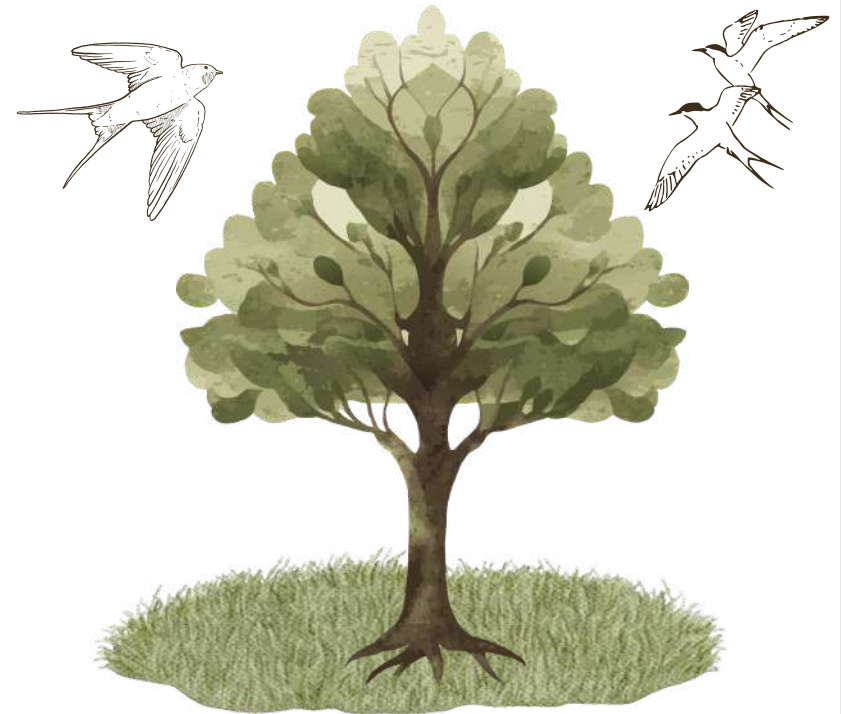
# MINDFULNESS RAINBOW BREATHING

Place your finger at the bottom of the rainbow, on the left. As you trace your finger along the rainbow take a deep breath in through your nose, until you reach the middle. When you reach the middle begin to exhale through your mouth, as you trace the rainbow to the end, on the right.



REPEAT WITH EVERY COLOUR UNTIL YOU  
FEEL CALM AND GROUNDED.

“JUST AS A TREE  
STANDS TALL AND  
ROOTED, FIND YOUR  
INNER STRENGTH AND  
STAND FIRM IN  
WHO YOU ARE.”





# NOTES:

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