

Safari



The Safari exercise is a great way to help kids learn mindfulness. This activity turns an average, everyday walk into an exciting new adventure.

Tell your kids that you will be going on a safari: their goal is to notice as many birds, bugs, creepy-crawlies, and any other animals as they can. Anything that walks, crawls, swims, or flies is of interest, and they'll need to focus all of their senses to find them, especially the little ones.

A similar exercise for adults is the mindfulness walk. This exercise provokes the same response in children that a mindful walk elicits in adults: a state of awareness and grounding in the present.