

Mindful Walks

Go for a Mindful Walk with your family each day.

See how many things you can find as a family.



Monday

ANIMALS

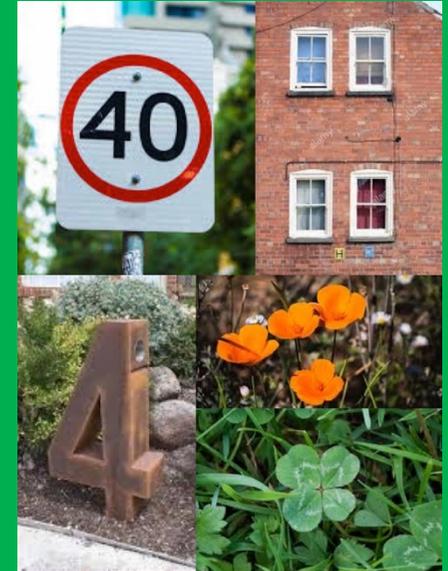
How many different types of animals can you find?



Tuesday

FOUR

What can you find that makes you think of four. It can be the number 4, the word or simply things in a group of four.



Wednesday

MINIBEASTS

Look closely to see how many you can find.



Thursday

TRIANGLES

Look around you, there are triangles everywhere. What can you find?



Friday

RED

How many red things can you find?

