



**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.



# 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



Belize

**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

- 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.

The card features four numbered steps with corresponding illustrations. Step 1 shows a woman with glasses looking at a flower in a field under a sunny sky. Step 2 shows a woman with glasses sitting on a blanket eating a cookie. Step 3 shows a woman with glasses sitting on a blanket writing. The card has a decorative border of colorful flowers.



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.*

The card features a decorative border with colorful snakes and lizards. An illustration of the child from the first card is shown in a dynamic, jumping pose in the center, with potted plants on either side.

