

•••• 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.
- Mindful Jungle Movement: Pay Attention to the Way You Move Move like a jungle animal!

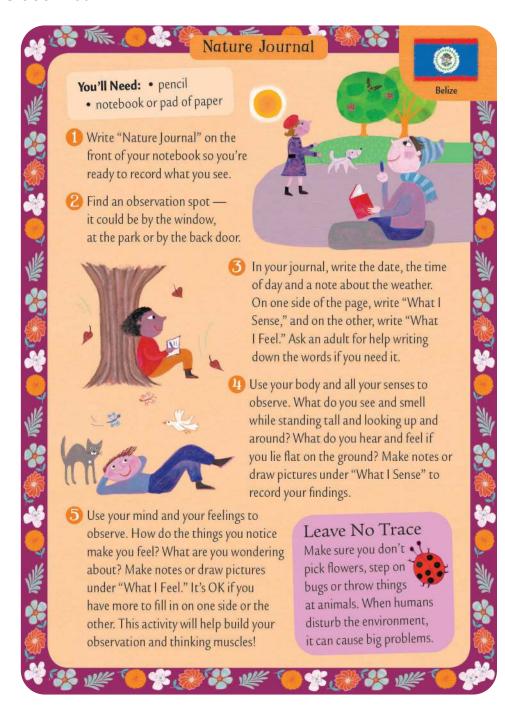


## The World Around You Nature Journal (Belize)

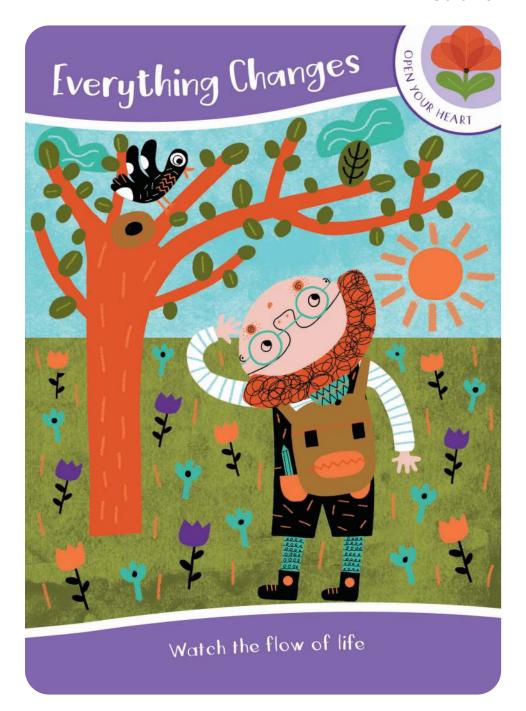




At Cockscomb Basin Wildlife Sanctuary in Belize, the world's only jaguar sanctuary, visitors can see hundreds of different animals, like howler monkeys, keel-billed toucans and sometimes even a hard-to-spot jaguar — but only if they are watching carefully! Honing our skills of observation helps us notice and learn to care for life all around us.



## Card from Mindful Kids





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