



# Mindful Mondays: Outdoor Series

**FOR ADULTS, TEENS, & KIDS**

**Can be done in our natural areas, at  
home or in your backyard!**

**Stay Tuned for more activities and  
games to do Outside with your  
family!**





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**FOR ADULTS, TEENS, & KIDS**

Writing prompt: Write down 5 things you are grateful for while you are outdoors or indoors. Share with your household and hang it up somewhere in your house as a good reminder on hard days!

**Please remember to practice physical distancing with social solidarity when in public spaces or in your neighborhood**





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Writing prompt: Write down 5 of your worries in 'what if' form and then write the worries in an inverse.

Example: What if I lose my job?---

inverse: What if I keep my job?

After writing the inverses, take a deep breath and say each inverse with a deep breath between each inverse.

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Set out for a walk. Take some moments to stop, check in, and reconnect with your surroundings. A good way to do this is to acknowledge 5 things you see around you, 4 things you can touch, 3 things you hear, 2 things you smell and 1 thing you wish you could taste. As you finish up, ask yourself what was your favorite part of this exercise?

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