

HERE



MINDFUL
ACTIVITY

BRACKENBURY BLOOMS

As you walk through your neighbourhood, to school, the park, or market, slow down and notice the flowers around you. When your child spots a flower, pause for a moment. Gently smell it if you can and look at the colours and shapes. Thoughtful questions you can ask:

- What colours do you see?
- How does it smell?
- How do you think this flower got here?
- How do you feel seeing this flower?

These small moments of noticing the world around us
bring calm and wonder to everyday journeys.