

Age Group: 2 years old

Mindfulness Activity

Objective: Science

Go on a Safari

What to do:

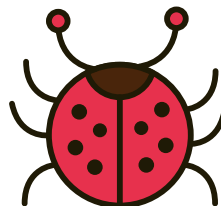
1. Go outside on an exciting adventure to pick up small items.
2. Notice the bugs or the birds.
3. Walk in silence, paying close attention to details in the environment.

Materials:

- Outdoor space

Questions to extend learning:

1. What did you find outside?
2. What did you see outside?
3. What did you hear outside?



What will children learn?

Children will learn little details about objects, materials, and being mindful of the sounds around them.

Learning Objectives:

- Demonstrates knowledge of Earth's environment.
- Draws on past experiences to describe and communicate about observations and experiences.