

Highdown EXPLORERS



Mindfulness

Being aware of how you feel in the present moment.
A good way to feel calm is to be in a natural environment
which can help us to relax and improve our wellbeing.



WORTHING BOROUGH
COUNCIL

Highdown
GARDENS

www.highdowngardens.co.uk



HERITAGE
FUND

Find a place in the garden that you like, sit down quietly, relax, close your eyes and focus on your breathing -



Listen - What can you hear?
Do the birds have different voices?
Do the trees rustle in the wind?



What can you smell? Fresh grass, damp earth, flowers and plants nearby?



What can you feel?
Is the grass damp, soft, tickly?
Is it peaceful?



How do you feel?
Do you prefer being under a shaded tree or in a wide, open space with lots of light?

Find different habitats in the gardens that you like -



Do you prefer: walking on the grassy areas or the pathways? Looking at the trees or flowers?
Look at the: different shades of greens on the leaves, the colourful flowers, the colours and textures on the bark.



Look around - what inspires you?



Take a photo and when you get home, create your own drawing/painting or poem.