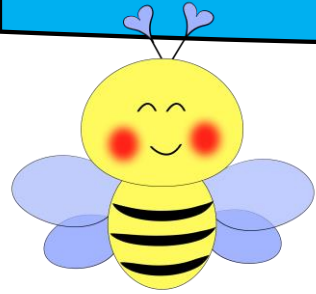


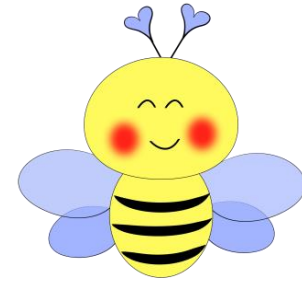
Mindfulness Rainbow Walk



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Mindfulness Rainbow Walk

Go for a walk with your children and be mindful of all the beautiful colours you can see. Get them to write what they see in each colour of the rainbow. They might see several things that are red, yellow, blue, green and orange.

The aim of the session is to use their power of sight to notice things around them right now in the present moment.

When they have written the things in the rainbow they can carefully colour their rainbows with coloured pencils so as not to hide the writing. There is a copy with and without the bee depending on the age of the pupils you are working with.

For more resources on Mindfulness check out Bee Linda Bee's Mindfulness workbook. Click the picture to take you there. You can download the story for free!

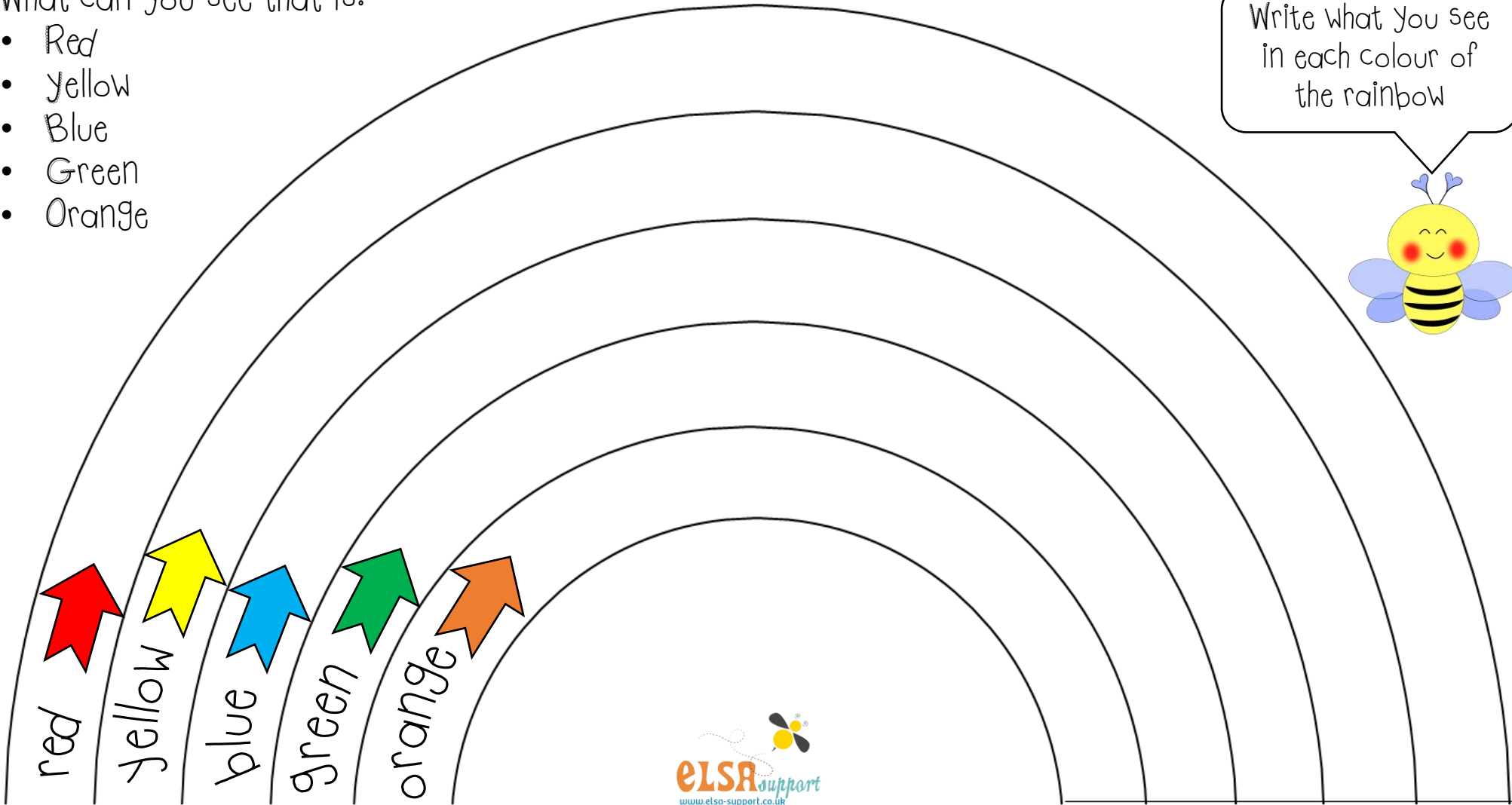
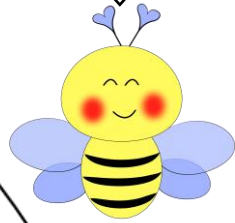


Mindfulness Rainbow Walk

What can you see that is:

- Red
- Yellow
- Blue
- Green
- Orange

Write what you see
in each colour of
the rainbow



Mindfulness Rainbow Walk

What can you see that is:

- Red
- yellow
- Blue
- Green
- Orange

Write what you see
in each colour of
the rainbow

