The Art of Noticing

MINDFULNESS ACTIVITIES FOR CHILDREN



A NOTE TO PARENTS

Mindfulness is simply the practice of paying attention to what is happening right now.

For children, it doesn't have to mean sitting still, closing their eyes, or trying to empty their minds. It can happen while listening for a distant sound, watching a shadow move, examining something ordinary, noticing a feeling in their body, or giving their full attention to something they usually rush through.

These activities are designed to help children practice slowing down, noticing more deeply, and bringing their attention back to the present moment.

Over time, experiences like these can help strengthen a child's awareness of their surroundings, their body, their thoughts and feelings, and where their attention goes.

There is no need to complete the activities in order—or even to complete them at all.

Choose one when the moment feels right. Try it together.
Leave room for silence. Resist the urge to turn every observation into a lesson or ask too many questions.

Your child may notice something entirely different from what you expected.

Let them.

The purpose isn't to arrive at a particular answer.
It is simply to practice being here long enough to notice.



1

Find Something You've Never Noticed Before



THE INVITATION

Choose a familiar place—your home, garden, street, or a favorite outdoor spot. Spend three quiet minutes looking for something you've passed many times but never really noticed before.

NOTICE

What do you see that you haven't noticed before?
What makes it interesting?

TRY IT AGAIN

Return to the same place another day.
Can you find something different that you haven't noticed before?

2

Listen Until You Hear the Farthest Sound



THE INVITATION

Find a comfortable place to sit, either inside or outside. Close your eyes or soften your gaze. Begin by listening to the closest sound you can hear. Then, slowly let your attention travel outward. How far away can you hear?

NOTICE

What is the farthest sound you can hear?
How many different sounds can you notice?

TRY IT AGAIN

Come back at another time of day.
Does the world sound different?

3

Watch Something Move Without Following It



THE INVITATION

Choose something that is moving—a cloud, a leaf in the wind, water, an ant, a bird, or a shadow. Sit quietly and watch it for a few minutes. Let it move while you simply observe.

NOTICE

What do you notice as it moves?
Does it change? How?
What else do you notice around it?

TRY IT AGAIN

Choose something different to watch.
Does it move in the same way or a different way?

4

Hold Something Ordinary



THE INVITATION

Choose a stone, spoon, leaf, shell, piece of fruit—anything familiar. Hold it in your hand and explore it as though you've never encountered it before. Notice its weight, temperature, texture, shape, and tiny imperfections.

NOTICE

What do you notice when you look closely?
How does it feel in your hand?
Can you find any details you hadn't seen before?

TRY IT AGAIN

Choose a different object.
Is there something new you notice this time?

5

Find the Quietest Place



THE INVITATION

Explore your home or outdoors looking for the quietest place you can find. Sit there for one minute.

NOTICE

Was it actually silent?
What sounds did you notice?

TRY IT AGAIN

Try a different place.
Is it quieter or louder than the first place?

6

Watch the Light Change



THE INVITATION

Choose one place where sunlight falls and return to it several times during the day. Notice how the light, shadows, colors and feeling of the space change.

NOTICE

How does the light look different at each time of day?
What changes do you see, and how does the space feel different?

TRY IT AGAIN

Choose a different place tomorrow.
Can you notice any new changes?

7

Take the Slowest Walk You Can



THE INVITATION

Go somewhere you normally hurry through and deliberately move slowly. What becomes noticeable when getting somewhere isn't the goal?

NOTICE

What do you see, hear, or feel that you usually miss?
How does it feel to move slowly?

TRY IT AGAIN

Choose a different place to walk slowly.
Do you notice anything new?

8

Notice Before You Name



THE INVITATION

Find something in nature and resist naming it. Instead of “That’s a maple leaf,” notice its curved edge, tiny vein, smooth surface, deep green color, one brown spot, or anything else you see.

NOTICE

What do you see when you don’t name it?
What other details can you find?

TRY IT AGAIN

Choose something different in nature.
What new details do you notice this time?

9

Catch a Feeling Arriving



THE INVITATION

At an ordinary point in the day, stop and ask:
“What’s happening inside me right now?”
Where do you notice it in your body?
No need to change it. Just notice.

NOTICE

What feeling do you notice?
Where do you feel it in your body?

TRY IT AGAIN

Try it at a different time of day.
Do you notice a different feeling?

10

Stay One Minute Longer



THE INVITATION

When you see something beautiful or interesting, resist the urge to immediately move on. Stay for one more minute. Look again. Often the second minute reveals something the first didn't.

NOTICE

What do you notice when you stay a little longer?
What new details can you find?

TRY IT AGAIN

Find something else to look at closely.
Can you stay one minute longer and notice something new?

11

Find Five Things That Are Changing



THE INVITATION

Look around outside for evidence that nothing stays exactly the same: melting frost, opening flowers, clouds moving, leaves falling, shadows shifting, fruit ripening.

NOTICE

What are five things you see that are changing?
How do you know they are changing?

TRY IT AGAIN

Look again at a different time or place.
What other changes can you find?

12

Do One Thing With Your Whole Attention



THE INVITATION

Peel an orange. Wash your hands. Brush your hair. Pour a drink.
For one ordinary task, try doing only that—without talking, rushing or doing something else at the same time.

NOTICE

What do you observe when you give your full attention?
How does it feel to slow down and focus on just one thing?

TRY IT AGAIN

Choose a different everyday task.
Do you notice anything new when you give it your whole attention?

Closing

LOOK BACK

You've explored, noticed, and tried new ways
to be more mindful in everyday life.
Take a moment to think about the activities you enjoyed most.

KEEP GOING

You can return to any of these pages anytime.
Try the activities again in a new place, a different season,
or with fresh curiosity.

CARRY IT WITH YOU

Mindfulness isn't something you finish—
it's a way of noticing, day by day.
There's always more to see, feel, and wonder about.

