



Other mindfulness activities

There are many simple ways to encourage mindfulness in the garden, to help students relax and connect with the growing plants and produce. The mindfulness script is one approach; here are some other simple ideas that you could incorporate in a garden lesson.

BREATHE

Ask students to focus on their breathing. By slowing breathing down and establishing a steady rhythm, students become centred, calm and are better able to focus on the lesson.

OBSERVE

Ask students to walk around the garden by themselves, in silence, and notice what has changed, what has grown, what has ripened, what needs watering, what has died, how much water is in the rain gauge, where the weeds have popped up and what needs attending to.

ENGAGE THE SENSES

Ask students to consider the following to help them engage their senses:

- *Listen*. Name one thing that you hear when you listen with your ears in the garden.
- *Look*. Name one thing that catches your attention when you look around in the garden.
- *Smell*. Name a scent that you notice when you take a sniff with your nose in the garden.
- *Touch*. Name an object that you enjoy feeling with your hands when you are in the garden.

MINDFULNESS WITH FOOD

Herbs and other garden produce can be used in a sensory mindfulness activity. Ask students to select something growing in the garden, and examine:

- the appearance (e.g. colour, shape, size, shiny or matte)
- the texture (e.g. smooth, rough, bumpy, spiky)
- any sounds they may hear as they touch it (e.g. rustling of the leaves, squeaking of the surface)
- any aroma or smell they may notice and any memories or reactions this may trigger (e.g. stomach growling, mouth watering, lips pursed, happy times with friends)

ADD GRATITUDE

Ask students to imagine everything that helped get this garden to how it is now. Think about the sunshine, water and soil that fuelled the plant's growth and the people who prepared the garden beds, and planted and cared for each plant: their knowledge, skills, time, energy and perseverance. Ask them to fill themselves with a sense of gratitude and decide to enjoy and make the most of being here.

