

Natural Mindfulness Activity ~ The Story in The Soil

This is a wonderful sensory activity that is very grounding and helps to ignite a sense of awe at our natural world... even if you work with soil and no soil well, this activity will help to bring you into your body, into the present moment and connect with the earth beneath your feet...

All you need is a quiet 10 minutes or so outside in a spot you can collect loose earth with your hands.

1. Close your eyes and take a couple of deep breaths to connect with the intention of being fully present with this activity.
2. Open your eyes and collect some earth with your hands.
3. Hold the earth in one hand. With the other hand rub and roll the earth through your fingers. Notice it's texture, it's temperature, how it feels to the touch.
4. Close your eyes and smell the earth with a deep inhalation through the nose. Smell the earth for as long as you like.
5. Run the earth with your fingers and listen to the sound that makes.
6. Repeat these steps in the other hand.
7. Inspect the soil. What does it contain? What can you see that's organic matter, or mineral? What's the story of the soil?
8. Contemplate this reflective quote 'Soil is an almost magical substance, a living system that transforms the materials it encounters' ~ George Monbiot

9. When you have finished hold the soil in front of you and gently watch it all fall back to the ground.

10. Close your eyes and take a few deep breaths to allow the activity to settle within in, then carry on with your day, taking the magic of soil with you.

If you would like to do this activity with children, you can simply do it as a group activity. Ask the children to describe how it feels, smells and sounds... get out some magnifying glasses and have a good look at what you can find in the soil - share the reflective quote and see what they think of it. What does it mean?

This activity was provided by Tina Gibbons from Centred in Nature. Tina is a nature connection wellbeing Consultant and flower essence practitioner. She runs regular natural mindfulness and forest bathing sessions at Ickworth park, delivers nature-based wellbeing workshops to businesses and individuals and offers one to one nature connection and flower essence therapy.



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