



Mindfulness Rainbow Walk



Go for a walk with your children and be mindful of all the beautiful colors 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 this 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.

What can you see that is:

- RED
- ORANGE
- YELLOW
- GREEN
- BLUE
- INDIGO
- VIOLET

Write what you see in each colour of the rainbow

