

# **Mindful Plant Activities for Children**

## **Ideas for**

- Creative Calm
- Quiet Discovery
- Water and Growth
- Let your imagination run free
- Breathing and Observation
- Gentle Movement
- Sensory Calm

*Print on card for the best results, or laminate, then you can cut out the ideas and keep them safe for when you need that little bit of quiet time.*

*Please do not print this page!*

# Mindful Plant Activities for Children

Creating calm moments through gentle plant connections

These activities work beautifully alongside your sprouting jars, herb gardens, and plant investigations.

They create peaceful moments that help children connect deeply with nature whilst developing mindfulness and inner calm.

## Creative Calm

 **Pressed Flower Art** – Create gentle, peaceful artwork using pressed flowers and leaves

 **Plant Journal** – Draw or write quietly about your favourite plants and how they make you feel

 **Leaf Rubbings** – Make gentle rubbings whilst focusing on the patterns and textures

 **Nature Mandalas** – Arrange leaves, petals, and stones in peaceful circular patterns

## Quiet Discovery

 **Petal Counting** – Count flower petals slowly and mindfully, like a gentle meditation. Is there a pattern to the number of petals of each plant?

 **Seed Sorting** – Sort different seeds quietly, noticing their unique shapes and colours

 **Leaf Memory** – Look carefully at a leaf, then close your eyes and remember every detail

 **Plant Gratitude** – Think of three things you're grateful for about the plants around you

## Water & Growth

 **Mindful Watering** – Water plants slowly and carefully, focusing on each drop

 **Sprouting Prayers** – Speak quiet, kind words to your growing seeds

 **Plant Wishes** – Make gentle wishes for your plants whilst tending to them

 **Rain Listening** – Sit quietly and listen to rain nurturing the earth and plants



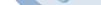
### Let Your Imagination Run Free

**Plant Story Time** – Read plant books whilst your sprouting jars work their quiet magic

**Seed Dreams** – Hold a seed in your palm and imagine its journey from tiny beginning to full-grown plant

**Leaf Tales** – Choose a favourite leaf and create a gentle story about where it's been and what it's seen

**Flower Whispers** – Sit quietly with a flower and imagine what it might say about its day



### Breathing & Observation

**Plant Breathing** – Breathe slowly like a tree: arms up on the in-breath, gently down on the out-breath

**Five-Minute Watch** – Choose one plant and sit quietly, noticing every tiny detail for five peaceful minutes

**Leaf Breathing** – Hold a soft leaf and breathe in its fresh scent, letting calm flow through you

**Growth Meditation** – Sit with your sprouting jar and breathe slowly whilst watching for tiny changes



### Gentle Movement

**Tree Pose** – Stand tall and still like your favourite tree, feeling roots grow from your feet

**Sunflower Turns** – Move slowly like a sunflower following the sun across the sky

**Swaying Grass** – Gentle side-to-side movements like grass in a soft breeze

**Sprouting Stretch** – Curl up small like a seed, then slowly stretch and grow tall



### Sensory Calm

**Texture Collection** – Gather different plant textures and explore them mindfully with fingertips

**Scent Journey** – Close your eyes and breathe in different plant fragrances, one at a time

**Listening Garden** – Sit quietly amongst plants and notice all the gentle sounds around you

**Barefoot Earth** – Feel soil, grass, or sand beneath your feet whilst taking slow, deep breaths