

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.

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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

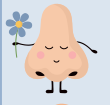


Sprouting Stretch – Curl up small like a seed, then slowly stretch and grow tall



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