

## Mindfulness Rainbow Walk

Go for a walk with your children and be mindful of all the beautiful colours 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 the session 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. There is a copy with and without the bee depending on the age of the child you are using it with.

# Mindfulness Rainbow Walk

What can you see that is:

- Red
- Yellow
- Blue
- Green
- Orange

Write what you see  
in each colour of  
the rainbow



red  
yellow  
blue  
green  
orange

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