

Theme: Signs of Spring**Activity #1: Mindful Stretching**

When animals awake from sleeping, they spend time stretching and warming their muscles for the day. You will feel more in touch with your body when you wake and stretch too. Start by reaching up, breathing in and then exhaling as you reach for the floor. Listen to your body and add any stretches you need to wake properly from your sleep, and warm your muscles, just like the animals do when they wake from sleeping. You will feel alert and relaxed. Peaceful.

Activity #2: Spring Scavenger Hunt

When the weather warms, try setting a goal of spending more time outside JUST NOTICING. The spring brings new life to earth. Take a walk and look for signs of spring coming: buds, birds, green grass, different air temperature. Watch and listen for signs of baby birds, rabbits, insects.

CHECKLIST FOR SPRING SCAVENGER HUNT

- ☐ Purple _____ (what was it?)
- ☐ Yellow _____
- ☐ Brown _____
- ☐ Green _____
- ☐ Orange _____
- ☐ Decaying leaves
- ☐ Feather
- ☐ fungi (mushroom)
- ☐ moss
- ☐ bud
- ☐ blossom
- ☐ tree bark
- ☐ scat (animal poop)

**Activity #3: Decorate a Tree**

1. Find scraps of string, yarn or ribbon. Look outside for twigs and small pieces of bark.

2. String together Cheerios, popcorn or berries OR drape over the branches of a bush or tree the items from #1.
3. Make it easy for the birds to reach these nest building materials and the food they need.