Wandering Emotions

Activity Book

WELCOME TO THE WANDERING EMOTIONS ACTIVITY BOOK!

This book is full of activities from our Plant Powered walk, designed to help you explore nature, get creative and look after your wellbeing. You can enjoy the activities at home, in the garden or out in your favourite green space.

When feeling a little dysregulated, overwhelmed or in need of a mindful moment, pick an activity to help you slow down, reconnect with nature and take some time for yourself. Or take the book on a walk and stop along the way to try them all! We hope you have fun exploring, discovering new things and finding little moments of calm along the way.

Want more nature-filled fun? Keep an eye out for our next edition, packed with brand new activities to try! Scan the QR code on the back page to sign up and hear about what's coming next.

Happy exploring!
Team Wandering Emotions x

WANDERING EMOTIONS

SUNFLOWER YOGA FLOW 🌻

1. Stand with your feet about hip-width apart
2. Inhale while sweeping your arms overhead, reaching tall like a sunflower reaching for the sun.
3. Exhale while bending your knees and sweep your arms down and across your body, as if gathering energy.
4. Repeat the flow with your breath, 3-5 times.



LEARN ABOUT A LEAF

Find a leaf and take a few moments and explore everything about it. What does it feel like, what details can you notice, are there different colours? What size is it, is there a smell? What bits look the same or different?

Imagine its story: Where did it start? How long did it live? What happened before it landed here? What happens next?



FLOWER BREATHS

Flower breathing can help you feel calm, focused, and refreshed.

1. Sit or stand up straight.
2. Make yourself comfortable.
3. Hold (or imagine you are holding) a petal in your hand.
4. Take a deep, slow breath in through your nose as if you are smelling the flower, feeling your chest expand as it fills up with air.
5. Breathe out slowly through your mouth as if you are very gently blowing on the petals to make them flutter without blowing them away.
6. Repeat this three times or until you feel calm and relaxed.



GARDEN GROOVE

Flower Stretch: Imagine you're a tiny seed tucked away in the soil. Curl up small, making yourself as little as possible. Gradually stretch your arms upwards, uncurl your body and grow taller and taller until you bloom into a beautiful flower.

Bee Buzz: Now it's time to become a busy little bee! Buzz around your green space, darting from one imaginary flower to another. Move your arms like wings, wiggle, zigzag and change direction as you explore.



Tree Pose: Stand tall with your feet planted firmly on the ground, just like the roots of a tree. Stretch your arms out like branches and gently sway from side to side as the wind blows.

WHAT HELPS YOU GROW?

Imagine you're a tiny seed tucked away beneath the soil. What might you need to help you grow? Think about sunshine, water, good soil and space to spread your roots.

Now, think about what helps people grow. What do we need to feel happy, confident and cared for? Kindness from others; family and friends; laughter and fun; feeling safe and supported; trying new things; having someone to talk to; time to rest and recharge.

Imagine you could plant a special seed that represents something you want more of in your life. Would you choose courage, confidence, kindness, creativity or something else?

What could you do this week to help your seed grow?
It might be spending time with a friend, trying something new, being kind to yourself or asking someone for help when you need it.



NATURE MOSAIC

Look around for fallen leaves, petals, seed pods, twigs and other natural objects in different colours, shapes and sizes. How many different shades can you find?

Gather a selection of natural objects from the ground and arrange them to create your own nature mosaic. A mosaic is a piece of artwork made by putting different shapes, colours and textures together to create a pattern or picture.

You could make a rainbow, a flower, a spiral, a face or a completely abstract design. Experiment with different colours, arrange your objects into patterns, or see what happens when you put contrasting shapes and textures next to each other.

There's no right or wrong way to create your mosaic, so let your imagination lead the way! Once you've finished, take a step back and admire your creation. Notice the colours, shapes and patterns you've brought together.



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SCAN QR CODE

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