



Campbell Creek Science Center

Winter Wonderland

Discover the beauty and wonder of the winter season with these mindfulness prompts.

Find a place where you can walk outside. Take a few deep breaths to begin and then slowly walk to a spot that catches your eye. Pause and select a prompt. Then continue on, taking time to stop, pick another prompt, and observe the world around you.

Frame a Winter Scene: Hold your thumbs and pointer fingers up to make a rectangle. Extend your arms, close one eye, and look through your hands like a camera. Scan the environment until you frame a scene or picture that you like. What pleases you about the image you framed?

Observe: Find a spot where you can stand or sit and look up toward the sky. What do you see? Take some time to observe what is above you. What color is the sky? Where is the sun? Look for birds, tree branches, snow ice crystals in the air, and clouds.

Listen: Take a few minutes to be still and focus on the soundscape around you. Close your eyes to help you listen. Snow absorbs sound, so the outdoors often is quieter in winter. What do you hear?

Sensation: Take a deep breath and tap into the sensations you feel while outdoors in winter. How does the ground feel under your feet? Notice the cold air on your skin. What does the air feel like going in and out of your lungs? Become aware of how your body responds to the temperature outside.

Zoom In: Find a spot where you can get really close to a plant or other object with snow or ice on it. What do you notice when you zoom in on these solid forms of water?

Take time to write and/or draw about your outdoor experience when you return indoors. What would you like to remember?

Try these prompts in a different place or on a different day. How do your experiences compare from one to the next?

