

Rainy Day Activities

Rainy days invite us to slow down and get creative finding ways to enjoy nature and mindfulness in different ways

Raindrop Art: Collect raindrops on different surfaces like leaves or glass, then use them as inspiration to recreate the patterns and shapes

Indoor Plants - Use the rainy day to pot some indoor plants for your home, practice mindfulness, slowing down, looking at their leaves, roots and flowers and learning about plants

Nature Sounds Meditation - Find a comfy spot to sit or lay down while you listen to the rain outside. You might like to listen to some other nature sounds on spotify and see how they make you feel. Try listening to frogs, or bird calls, waves or storms rolling in

Rainy day Hike - Grab your rain gear and head outside for a hike in a nearby park or forest to explore your senses noticing the different sounds, smells and sights that rain brings to nature. Look for pools of water, bugs, birds and small animals enjoying the rain and enjoy a unque sensory experience

Nature-inspired Crafts: Create crafts using natural materials like leaves, twigs, pinecones, or flowers. Make wreaths, pressed flower art, or nature-inspired jewelry or decorations for your home and garden

Rainy Day Learning - Choose books or watch a Documentary about Nature, wildlife or environmental topics you find interesting. Get cozy, find some healthy snacks and immerse yourself in the wonders of nature

Rainy Day Yoga - Practice a nature inspired rainy day yoga with fun poses to help you slow down and connect with your body and breath. Try being a raindrop, slowly folding forward to your toes, make yourself into a one legged umbrella or a frog then relax in rock pose and feel your breath in and out.

Download our Rainy Day Yoga PDF
www.wildflowwellbeing.com.au/wildflowkids

