

# Take notice

Our worksheets are designed to help you explore our canals and waterways, and try new skills. Developed by the Canal & River Trust with Appreciating People for the book Number One, they're a fun, informative way for you to be creative, mindful, and notice more about the world around you. For more information, have a look at our website, at [canalrivertrust.org.uk/explorers](http://canalrivertrust.org.uk/explorers). You can also buy the book in the Canal & River Trust's shops, and online at [www.appreciatingpeople.co.uk](http://www.appreciatingpeople.co.uk).



Mindfulness is simply noticing. How do you feel? What can you see, smell, hear, and taste? What is your mind doing and what is happening around you?

Let's find out what happens when you start to take notice.

- 1.) Find a place where you feel comfortable and won't be disturbed. Take the mindfulness plaque with you or design your own.
- 2.) Sit down quietly, placing your feet on the floor, with your arms either by your side or in your lap.
- 3.) Breathe in and out slowly, calming yourself down and feeling your feet connect to the ground. (You can close your eyes if you want to)
- 4.) Listen. How many different sounds can you hear? Can you identify them all?
- 5.) Notice. How do you feel?

Spend a few minutes doing this activity. Practice until you can do this for five minutes or more. If you enjoy it, why not set up a mindfulness zone at home or at school?

Let yourself relax. The first time you do this, try doing it for two minutes, then build up to three, four and five minutes in the future.

Now consider these two questions...

- What did you like about it?

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- How do you think this can help other people, and what could it do?

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- How did it help you?

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