

MINDFUL EXPLORERS

PARENT TAKE-HOME GUIDE | AGES 4-7

WEEK 1: SUPER SENSES



Davenport
Psychology

WHAT WE LEARNED



Today we became Mindful Explorers! We practiced slowing down and using our five senses to notice details in the world around us. Children learned that paying close attention helps strengthen focus, self-regulation, and curiosity.



FAMILY CHALLENGE

Be a Mindful Explorer for five minutes every day.

WHY IT MATTERS



Young children are naturally curious. Mindfulness teaches them to slow down long enough to notice what they see, hear, smell, feel, and taste. Research suggests that mindfulness activities can support attention, emotional regulation, and executive functioning in young children.

TRY THIS AT HOME

Choose one activity each day.



Nature Detective
Take a short walk and ask:

Can you find something rough?
Something smooth?
Something tiny?
Something that smells interesting?



Mindful Snack
Choose one snack.

Ask:
What color is it?
What does it smell like?
Is it crunchy or soft?
What happens when you chew slowly?



Sound Safari

Close your eyes together for one minute. How many different sounds can you hear?



Color Hunt
Choose one color.

Find as many things of that color as possible around the house.

DINNER CONVERSATION



Ask:

"What was something you noticed today that you usually miss?"