

Patch of Ground Activity



This is a great simple activity to do with your child when things feel overwhelming, scattered and ungrounded. It is a way of slowing down, gaining perspective, self-regulating and connecting with each other and nature.

Go outside, preferably somewhere in nature but your yard can work too. Find a patch of ground, about the size of your arms when you hold them in a circle. Get down close to the patch of ground and see what you discover in it. Notice all of the things that are living in that small patch of ground. Notice what is moving. Notice what is still. Notice all of the different colours you see. Notice what you smell. Imagine that you were as small as an ant living in that patch of ground. What would that be like?

The possibilities are endless here so feel free to take it wherever you want to go with it. It is a great practice for kids to come back to when things feel stressful or too busy.

Enjoy!

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