

✨ Noticing Adventure Cards: Tiny Steps to Big Calm

Explore your world through gentle noticing.



✨ Includes 2 stillness cards, 2 movement cards, a creative reflection page, and gentle tips for future noticing adventures!

www.mindfullivingresources.com

✨ Noticing Adventure Cards: Tiny Steps to Big Calm

Hi there, little explorer!

These cards help you practice noticing — sometimes while still, sometimes while moving.

You can print them out, cut, and play anytime.

There's no right or wrong way to use them. Just choose a card, take a gentle breath, and see what you discover!

Have fun exploring. 🌿



✨ Noticing Adventure Cards: Stillness

✨ Stillness Adventure

Can you sit or stand very still for a moment?

Take a slow, gentle breath.

Look around and find one tiny detail you've never noticed before – like a small color, shape, or shadow.

What did you discover?



✨ Stillness Adventure

Sit quietly and place your hand (or wing!) on something cool, like a rock or your knee.

Take a slow breath in and out.

Notice one gentle sound around you – maybe a soft rustle or a quiet drip.

How does it feel to listen so carefully?



✨ Noticing Adventure Cards: Movement

✨ Movement Adventure

Stand up and balance on one foot like a tall, wiggly tree.

Spread your arms out wide like wings.

Can you feel the little movements in your body as you stay steady?

What helps you keep your balance?



✨ Movement Adventure

Hop forward like a happy bird!

Feel your feet touch the ground each time you land.

Listen to the sounds you make – are they quiet or loud?

What do you notice in your body after a few hops?



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🌿 What Did You Notice?

Draw or write something you discovered today.

- Was it a color, a sound, a feeling in your body, or something else?
- How did it feel to slow down and notice – or to move and explore?

There are no wrong answers. Just share what felt special to you!



Keep Exploring Together

Noticing small things can help children slow down, feel grounded, and connect more deeply with the present moment.

If your child enjoyed slowing down and noticing today, there are lots of other adventures waiting.

Continue with the [Expanded Noticing Adventure Pack](#)

- More noticing cards
- New movement adventures
- Creative reflection pages
- Gentle mindfulness activities

And you might also enjoy  [Finn's Forest Trail](#) (free interactive adventure for kids and parents)

 One small noticing moment at a time.

