

# Quiet Eyes

*A 15-minute outdoor nature session anyone can lead.*

| FOR               | TIME             | YOU NEED       | WHERE                                                            |
|-------------------|------------------|----------------|------------------------------------------------------------------|
| Children ages 2–5 | About 15 minutes | Nothing at all | A yard, a fence line, one tree — even a weed in a sidewalk crack |

## Read me first — you can do this.

You do **not** need to be a nature expert to lead this. You only need to slow down and notice the outside world along with the children. Young children today spend most of their day indoors and on screens; simply stepping outside helps their bodies settle and their minds wake up. If you can sit down, breathe, and be a little quiet, you already have everything this takes.

## STEP 1 · Find our spots (2 min)

**Say:** *“Let’s each find a spot and sit down like a little seed. Feet still, hands quiet. Now three big balloon breaths together — breathe in... and let it gooo.”*

Calm cue: Three balloon breaths

**Little ones (2–3):** Hold them on your lap or sit knee-to-knee beside you.

**Bigger ones (4–5):** Let them spread out about an arm’s length apart.

## STEP 2 · Quiet eyes, big look (4 min)

**Say:** *“Now make telescope hands — curl your fingers around your eyes like little binoculars. Let’s look slowly all around: way up high... way down low... far away... and close. Find something you have never really looked at before.”*

Calm cue: Slow, quiet looking

**Little ones (2–3):** Point and name it: “I see a cloud! Do you see it?”

**Bigger ones (4–5):** Ask them to find something nobody else has noticed yet.

### STEP 3 · Wiggle it out (3 min)

**Say:** *"Time to let our wiggles out! If you saw a bird, fly and flap. If you saw the grass dancing in the wind, sway low and slow. Show me with your whole body." Finish still: "Now freeze like a statue and find your breath."*

Calm cue: Big movement, then a slow stop

**Little ones (2–3):** Do the motions with them — slow and silly.

**Bigger ones (4–5):** Let one child choose what everyone acts out.

### STEP 4 · Look so close (3 min)

**Say:** *"Now pick just ONE thing and bring your eyes really close — a leaf, a stone, a bug, a flower. With slow eyes, find its colors, its lines, its tiny parts. Tell me one thing you notice up close."*

Calm cue: Slow eyes, close looking

**Little ones (2–3):** Point to one color and name it together.

**Bigger ones (4–5):** Ask, "What does it remind you of?"

### STEP 5 · Say thank you (3 min)

**Say:** *"One more balloon breath together. Now let's say, 'Thank you, outside.' We'll come back tomorrow." Walk back in slowly, with quiet bodies.*

Calm cue: One breath to finish

#### If it goes sideways

If everyone gets the wiggles, don't fight it — stand up and do **Step 3** again, then try the quiet step once more. If one child won't settle, that's okay; let them sit close to you and just watch. Nothing is ruined. Coming back to calm *together* is the whole lesson.

**Do it again tomorrow.** This works every day. Next time, trade this one for *Quiet Ears (listen)* or *Busy Hands (touch)*. Same five steps. The more children practice settling outside, the easier every day gets.