**Go on a Take Notice Journey**

**(Teachers/Parents note)**

**LO:** To explore your local area and see what new things you can notice by using your 5 senses

**Objective of Activity:**

To have less screen time and have an active journey. To use senses to connect to local areas and relax and re-centre the mind on a mindfulness walk.

This can be a done on a daily journey like a dog walk or a bike ride or scooter ride. Or can be a special journey to take some time to have a break away from screens.

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**Take Notice Journey**

Go for a journey with your family and at 5 different places use a different sense to explore on your walk and see what different things you can notice on your journey. This can be done on a walk, bike or scooter ride but only when you stop.