

Top tip
The more you look the more you see

Sometimes closing our eyes helps us to focus on sounds better.

What do the columns in gallery 1 feel like? What do the shapes remind you of? Are all the columns the same? How are the colours and shapes different at the top and at the bottom?



Find the peacock in the fireplace. What other animals can you notice? What sorts of sounds can you hear in each room?

Galleries

Hug a column!



Hallways and Stairs

Touch the bannister tiles as you walk up the stairs - notice how they feel. Is the surface rough, smooth, uneven or flat? Does it feel warm or cool?

Look around
How many natural elements can you spy in the designs?



Top tip

Don't forget to look up. Some of the most interesting bits of buildings are often above us.



Mindful in the Museum

A wellbeing trail for children



Be an ART detective

Pick a painting!
What's the first thing your eye is drawn to in the painting?

How would you describe the colours?

Which one stands out the most?

What shapes can you see?

Take your time. Mindfulness is about slowing down and paying full attention.

Where is the brightest part of the artwork?

Have fun!
In this trail you'll find some questions and prompts to help you use your senses.

Be kind to yourself when you're practising mindfulness. Learning something new can be a challenge. Go easy on yourself and keep trying!

Being in the Moment

We can be mindful by using our senses to notice the world around us. We spend a lot of our time thinking about the past or worrying about the future. Using our senses brings our focus into the present moment and this can give our minds and bodies a rest from any worries or big feelings we might be having.

Nature is good for us

Be inspired by the natural forms in the gallery's spaces. Spend time being mindful in green spaces where you live.



Go on a colour walk.
How many different colours can you spy on your walk?

What can you feel on your skin? (sunlight, rain, wind)

Notice the sounds around you.

Lie on the grass and notice the clouds. Do they have a shape?



Can you feel your feet making contact with the ground as you walk?

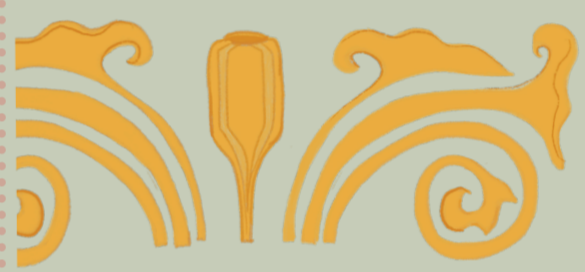
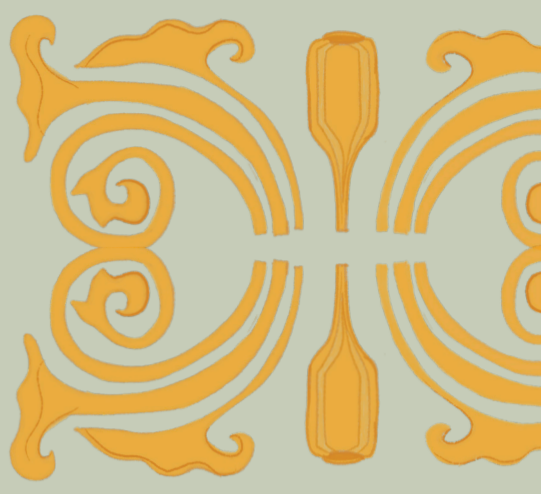
Being mindful at home

Next time you're doing something ordinary, try focusing on one of your senses whilst you're doing it.

Did you know?

An important part of mindfulness is self-kindness.

This means treating yourself with the same kindness that you would treat your best friend.



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