

*Get Outdoors: A Mindfulness Guide to Noticing Nature*  
**Discussion Guide**  
Grades K-4

**Before Reading: to activate schema, build background knowledge, and set a purpose.**

- This book explores the practice of mindfulness. Before reading, introduce your students to mindfulness by sharing that it is a way of paying attention to the present-moment with curiosity and kindness. Ask, “what does curiosity mean?”
- Say, “In this story a brother and sister learn how to pause and notice the wonders of the natural world around them. As we read, watch for the pause button. We will pause so you can be curious and make connections.”

**During Reading: to engage students, check for understanding, and make connections.**

- Why do you think Jada and Michael’s dad wants them to go outside?
- What do you think the prize for winning the Get Outdoors Game will be? What makes you think that?
- How are Michael’s eyes like magnifying glasses?
- How do Michael and Jada use their other senses to notice things?
- Michael learns that nature can be full of pleasant and unpleasant sights, smells, textures, and sounds. Can you think of some other examples?
- What would it be like if you did not have any senses to experience the world around you?
- What was the surprise at the end? What sense did the children use with the surprise?

**After Reading: to summarize, question, and reflect.**

- The back of the book contains a section called “Notes for Parents and Teachers” which includes a few mindfulness exercises for children. Also check out Reading Is Fundamental’s video on taking a [Mindful Moment](#)!
- Sometimes people think that mindfulness is only about sitting still for a long time, but it can also involve using our senses to be present in the moment. As a class, brainstorm some ways you can use each of your five senses to become more mindful. Then, individually or in pairs, have your students create their own mindfulness activity. They can draw a picture, write a short story, or even act it out using the sense they choose. Students can teach their mindfulness activity to the class and practice at home with their families.

If your students enjoyed this book...

- Encourage them to continue to discuss it and refer to it in other lessons and conversations.
- Let them explore more books about mindfulness such as [Tisha and the Blossoms](#) and [Exploring Emotions: A Mindfulness Guide to Understanding Feelings](#).