Mindfulness, Children and Nature

Building Nature Awareness Skills in Romania

Workshops with Thay Giaco

The Mahavira Education Association and ANANDA MARGA GURUKULA active in Europe, UK & Iceland, have joined forces with the Romanian based NGO Building Nature Awareness Skills in Romania (BNASR) to launch a Mindfulness citizen project, which on-line platform will facilitate the education, training and dissemination of knowledge about the importance of nature and its potential for education and personal growth. The project is inspired by Thay Giaco’s books: "Took Time in the Forest", "Why Neohumanism?". It's a meeting of needs for modern time and awareness, with the training of children through play, in order to change course on way towards natural physical, social-emotional, and cognitive growth.

Mindfulness, Children and Nature

by Siv Arndt-Øvrig

In our increasingly fast-paced and technologically driven world, many children are primarily exposed to the visual world of screens and social media. This results in an overstimulation and constant distraction, as well as a lack of self-awareness and emotional regulation. Children need time to process information in a more mindful manner, and to connect with their innermost feelings. Spending time in nature can help to achieve this.

Nature is a great repository of wisdom. It is the most precious gift that we have. However, in today's fast-paced and stress-filled world, children often find it difficult to connect with nature. This is where mindfulness can play an important role in helping children develop a sense of calmness and inner peace.

Immersing ourselves in contact with nature encourages spaciousness in our thoughts and minds. When we spend time in nature, we can experience a sense of detachment from our daily worries and concerns. The contact with nature helps us to let go of our preoccupations and fears, allowing us to open up to the present moment. In this way, we can become more aware of our own thoughts, emotions, and physical sensations. This is a fundamental aspect of mindfulness.

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