

Mindful Moves

at **CHESTER ZOO**

The zoo is a great place to connect with friends and family, but it can also be a place to connect with nature, slow down and enjoy a little mindfulness.

Try out some of these ideas for supporting wellbeing at the zoo today.

Take notice of sights, sounds and smells^{sss}

(there are a lot of them at the zoo!)

• Did you know Binturong smell like **popcorn**? What else will you smell as you wander through the zoo?

• Take time to look closely at how different animals move around
Are they slow or fast? Do they move *lightly* or **heavily**? What are they doing?

• LISTEN! How many different **noises** will you hear as you walk through the zoo?

TOP TIP:

The zoo is home to lots of birds, both native and exotic - stop and see if you can hear their calls.

Capture the moment

Unusual photos can be a great way to remember a visit or to inspire something creative at home. Zooooooom in and use the lens to help you really notice some of the more unusual details you can find at the zoo

Find green spaces

As well as AMAZING animals, the zoo has lots of beautiful **plants**, *gardens* and **lawns** - perfect for taking some time out to sit quietly and take a few deep breaths.



Please be **mindful** of other visitors and ensure that you maintain **2 metres social distancing** when stopping around the zoo

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TOP TIP:

Stay in the moment
- only take your
phone out to
take photos!

Mindful drawing

Find a quiet space in the zoo and draw something that you notice.
Enjoy exploring the details and shapes. Don't worry about creating a masterpiece!



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