



Loose Parts for Mindfulness

Spend the day exploring the benefits of practicing mindfulness techniques using the foundational principles of the Theory of Loose Parts. Engage in using an endless array of loose part materials to practice and experience mindfulness. Explore mindfulness art activities, sensory explorations, observational practices, breathing techniques, creating self-portraits, and more using loose parts.



Learning Objectives ~

- ✔ Learn how loose parts can be incorporated within your daily life, and your classroom to practice mindfulness.
- ✔ Engage in numerous loose parts explorations to practice mindfulness.
- ✔ Increase self awareness through loose parts.
- ✔ Increase your knowledge of the benefits

Diana Wehrell-Grabowski, PhD
drdianascience@bellsouth.net
<http://www.dianawehrellgrabowski.com>



of practicing mindfulness for yourself, students and the community you serve.