

Pick wild flowers	Draw a rainbow or look at the clouds	Think of five yellow things	Walk outside barefoot	Watch moths on an outside light	Take a moment for yourself	Make frog in the pond
Take a few moments to feel the wind	Love the Moment Challenge May 2011	Make biscuits	Light a candle	Jam and cream on bread for lunch	Study raindrops or dew	Visit a garden
Collect and paint a rock	Take an umbrella outside...rain or shine	Find a bendy road	Watch your child sleep	Draw a heart: one for each of your children and leave it on their made bed		Stand in the sun and feel the warmth for a few minutes
Draw a picture of the sea	Wear a necklace or play dress ups	Chase a butterfly	Stand under an umbrella when it's raining			Watch your child playing for a few minutes
Smell a flower	Go out with a friend	Walk hand in hand with your child	Collect shells or put pebbles in a glass of water	Play peek-a-boo or hide and seek	Look at the shadows	Have a picnic on the grass outside your house