

When you are out walking do you look up and spot things? Do you hear different sounds and wonder what they are?

I have a challenge for you, do you think you could find the following?

Do you know where they live and what they eat? What sounds do they make?



.....



.....



.....



.....



.....



.....



Mindful Parenting With Ellen is here to help you with ideas on how to talk with your children and enjoy experiences together.

We are setting up a website and membership, take a look at [www.withellen.co.uk](http://www.withellen.co.uk).

While you are there why not enter our free prize draw.



[www.withellen.co.uk](http://www.withellen.co.uk)



[hello@withellen.co.uk](mailto:hello@withellen.co.uk)



Mindful Parenting With Ellen

# *Mindful Parenting*

with Ellen



[www.withellen.co.uk](http://www.withellen.co.uk)



[hello@withellen.co.uk](mailto:hello@withellen.co.uk)



Mindful Parenting With Ellen