

SLOW DOWN, LOOK UP challenge

WEEK OF DECEMBER 1ST- 7TH

Thank you so much for signing up for the **Slow Down, Look Up 7-Day Challenge**. The goal is not to do this perfectly, but to use it as an invitation to look for small ways in which your family or community can slow down and become more present in what tends to be the busiest month of the year!

This challenge includes two ideas a day, for an entire week, one for slowing down and one for looking up. Each day also includes extra relevant resources that I have found to be useful in my own life.

These can be done individually, but have so much more power if done as a family or community. If you'd like to join in with the larger community, please use the hashtag **#slowdownlookup**

If you have any questions at all, please email me at info@wilderchild.com.



If you are interested in an entire **YEAR** of slowing down, and tuning to nature's more nourishing lunar and wilder rhythms, the doors to the Kids Moon Club are open now until December 31st. You can find out more and sign up [HERE](#).





SLOW DOWN, LOOK UP challenge

DAY 1:

~ SLOW DOWN ~

WEEK OF DECEMBER 1ST- 7TH

Our breath is one of our most accessible, effective tools to slowing down and regulating our nervous systems. Together as a family, take three deep breaths together. We like to inhale fresh energy and exhale stagnant energy and exhaustion.

~ LOOK UP ~

Identify and point out ONE star or constellation.

Day 1 Resources: Whim Hof "the Iceman" is a master of using the cold to help regulate. We do his simple, 10 min breathing exercise as much as we can. Find it [HERE](#).

A beautiful book featuring different constellation origin stories from around the world. Get it [HERE](#).

DAY 2

~ SLOW DOWN ~

When we're moving too fast, we lose touch with our senses and environment. When you eat dinner tonight together, slow down and taste, smell, touch, look and listen to the food and each other's conversation just a little closer!

~ LOOK UP ~

Find a big tree and look up into its branches. Now crouch down on the ground and then slowly rise up, unfurling your limbs imagining you are one with this amazing organism. if you don't have a big tree near your, just do this where you can!

Day 2 Resources: Science says we have way more than five senses. Read the article [HERE](#).

Trees are interconnected and recent studies have shown that they communicate with the entire forest!
Learn more about the fascinating [Mother Tree](#).





DAY 3:

SLOW DOWN, LOOK UP challenge

~ SLOW DOWN ~

WEEK OF DECEMBER 1ST- 7TH

Gratitude is a practice that allows us to put the drama and expectations of our daily world in perspective. Sit down together either as a family, community, or with someone special in your life. Look them in the eyes and share your gratitude for each other. This is not as easy as it sounds as our society struggles with providing direct, meaningful feedback and connection. Be as specific as you can and speak from the heart. It's a practice that gets better with well, practice!

~ LOOK UP ~

Listen for one bird call and try to mimic it! If you can, learn its name.

Day 3 Resources: Create a gratitude mandala. [Here's How.](#)
20 common birds and their calls for beginners, [HERE.](#)

DAY 4

~ SLOW DOWN ~

We tend to favor our waking life over our dreaming life. But, paying attention to our dreams can help us honor the nourishing sleep we so desperately need, and also gives us clues as to what we might be worrying about or carrying over into the daytime. Talk about your dreams together over a meal! If you already do this, get out a piece of paper and have each person do a quick sketch of their dream. Share your art and talk about what's present in each image.

~ LOOK UP ~

Make a wish upon a star. Write your wish down and put it in a jar to revisit this time next year!

Day 4 Resource: Introduction to Ojibway Star Names. [HERE.](#)
Lyrics and sheet music for *When You Wish Upon a Star*. [HERE.](#)





DAY 5:

SLOW DOWN, LOOK UP challenge

WEEK OF DECEMBER 1ST- 7TH

~ SLOW DOWN ~

Music is created for enjoyment, and that means it falls in the Slow Down Category! But just because it's slow doesn't mean it can't be fast. It's time for a family dance party. In the resources, I've created a playlist of our favorite clean, kid-friendly songs.

~ LOOK UP ~

As parents/caregivers, it's difficult to juggle it all and it's easy to get tunnel vision, especially for me when it comes to cleaning. Slowing down **doesn't mean** abandoning those things that HAVE to get done, it's just about living with awareness and seeing those invitations to slow down if & when we can! Try to look up from your work once this week, finding one NEW opportunity for presence and play.

Day 5 Resources:

It's time for a dance party. Find the playlist [HERE](#).

DAY 6

~ SLOW DOWN ~

Is there anything slower than curling up to read a good book? We love reading as a family, so pick your favorite chapter book or novel and read out loud together.

~ LOOK UP ~

Our bodies do so much for us! For our family stretching and therapeutic shaking are our favorite ways to get rid of stress at the end of the day. Spend ten min. together stretching. It doesn't have to be yoga or any special routine, just do what feels good!

Day 6 Resources:

Slow Down: 50 Mindful Moments in Nature by Rachel Williams

Shaking description and meditation [HERE](#).





DAY 7:

SLOW DOWN, LOOK UP challenge

~ SLOW DOWN ~

WEEK OF DECEMBER 1ST- 7TH

In order to help you extend this challenge beyond this week, let's make a list (template on next page). Under "heart" list all the ways you can slow down that would bring you more contentment and joy within. Under "home" list out the ways that you can decrease stress, simplify and bring more peace to your space. Under "habits" list out specific patterns and habits you may carry (no judgment!) that might be adding to an environment or schedule that feels just a bit too filled. I always say, what we can't face, persists.

~ LOOK UP ~

Hold hands together and thank each other for committing to this week and to a future filled with more presence, peace, and integration. While you're holding hands, repeat this phrase or one that inspires you: **we commit to slowing down and being more present together!** Then let out a big yell or howl. You've done it!

Day 7 Resource: Display the art print at the end of this challenge to remind you of your time and intention together.

Remember, this is a journey not a destination. No step is too small.



HEART 

HOME 

HABITS 

WE COMMIT TO SLOWING DOWN AND BEING MORE
PRESENT TOGETHER



IN ALL THE CHAOS AND HURRY,
DO NOT FORGET TO NOTICE THE
BEAUTY AND MIRACLE OF THIS WORLD.
SLOW DOWN. NOTICE. OBSERVE. BE AWARE.
ALLOW PRESENCE AND AWE TO COME
BACK INTO YOUR LIFE.

~ Brendon Buchard

