



# TAKE A MINDFUL WALK

Taking a walk is always a great idea, but adding something to keep you in the moment can be even better. Disconnect from tech and prompt yourself and/or your students with these thoughtful activities.

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**Preparation:** Find a quiet and safe outdoor space for the mindful walk. Remind the child to walk slowly and carefully, paying attention to their surroundings. Notice how it feels as you breathe in and out, and how the air moves in and out of your body.

**Breathe:** Take a few deep breaths. Close your eyes and focus on your breath, inhaling deeply through the nose and slowly exhaling through the mouth. This helps them calm the mind and be present in the moment.

**Engage the Senses:** Use your senses to observe the environment around you as you walk. Notice different things using their senses. Try to identify five things you can see, four things you can hear, three things you can touch, two things you can smell, and one thing you can taste (if safe to do so).


**Connect with Nature:** Observe nature around you as you walk. Notice the shapes of leaves, the colors of flowers, and the sounds of birds chirping. Find something in nature that you feel a connection to.

**Take Mindful Steps:** Take slow and deliberate steps, paying attention to your feet touching the ground. Notice how your muscles move and how your body feels with each step. Focus on the feeling of different surfaces like grass, pavement, and sand. Keep a relaxed posture and walk at a comfortable pace.

**Reflection:** After the mindful walk, encourage the child to find a quiet spot to sit down and reflect. Ask the child to share their experiences and observations. Prompt the child to express gratitude for anything they appreciated like the nature on the walk.

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Remember, the goal of the mindful walk is to cultivate awareness, focus, and appreciation for the present moment. Enjoy the experience and have fun while being mindful of yourself and your surroundings.



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**Tune In:** Walk slowly and carefully, paying attention to your surroundings.

**Breathe:** Take a few deep breaths. Notice how it feels as you breathe in and out, and how the air moves in and out of your body.

**Sense:** Try to identify five things you can see, four things you can hear, three things you can touch, and two things you can smell.

**Connect:** Notice the shapes of leaves, the colors of flowers, and the sounds of birds chirping. Find something in nature that you feel a connection to.

**Focus:** Notice how it feels to walk on different surfaces like grass, pavement, and sand.

**Reflect:** Find a quiet spot to sit down and reflect. What did you observe? What did you notice? What did you appreciate?



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