



 **Activity and Worksheet: Mindful walk**

Go for a walk outside, if possible in nature, and take this sheet of paper and a pencil with you. First, you might want to just focus on your sense of sight for a few minutes as you walk or sit quietly outside. Draw something or write a few words down. Then focus on the next sense (hearing, smelling).

Looking: What do you see?



Hearing: What do you hear?

Smelling: What do you smell?



Now sit in a quiet place and let your mind rest.



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Hearing: What do you hear?

Smelling: What do you smell?



Touching: What do you feel?



Tasting: What do you taste?



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When you have finished, arrange your words into a short poem.
