

Mindfulness Walks - cards

These cards contain ideas for walks that promote mindfulness and encourage an awareness of surroundings.

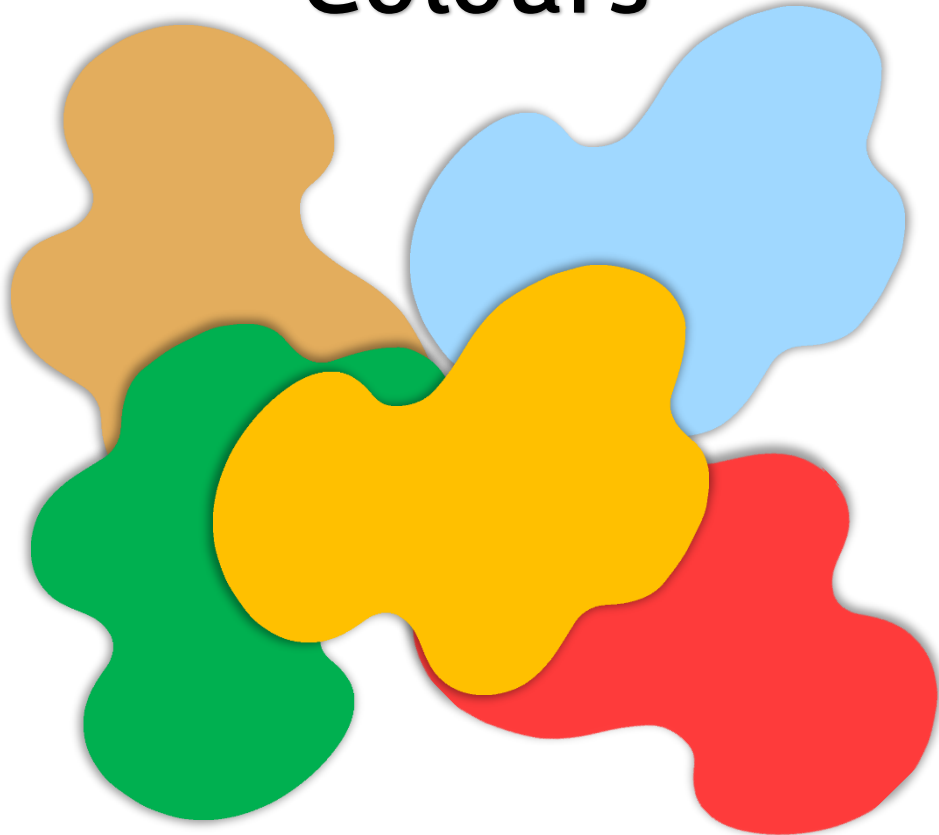
The ideas are intended to give the children time and space to focus on one thing at a time, remaining in the present moment.



Mindfulness Walks



Colours



As you enjoy your walk look out for different colours around you.

Mindfulness Walks



Sounds



Take a moment on your walk to stop, stand still, close your eyes, and listen.
What can you hear?

Mindfulness Walks



Smells

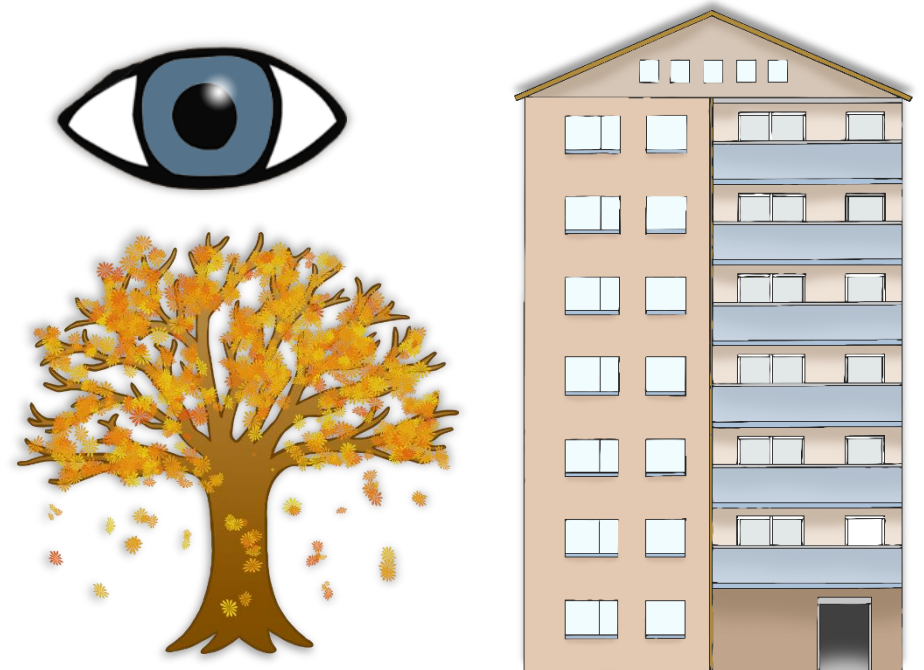


What can you smell on your walk? Take time to think about the smell. Is it nice? Does it remind you of anything?

Mindfulness Walks



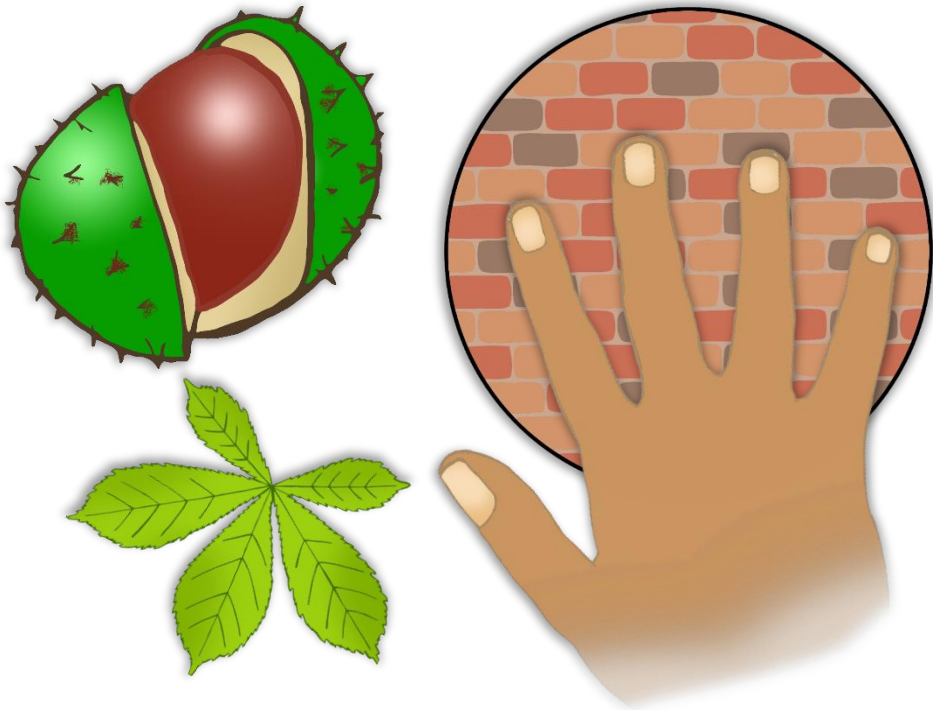
Sights



If you see something you are interested in on your walk, make sure you spend some time to take a long look. Look at the details, colours, and shapes.



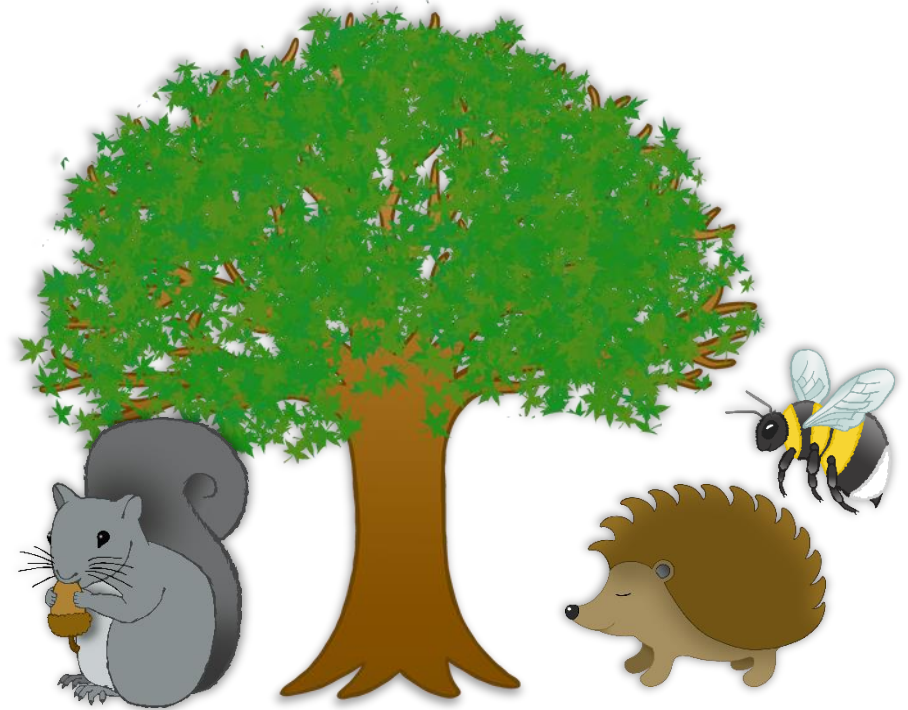
Textures



Take a moment on your walk to stop and feel textures. It may help to close your eyes. Is it rough, smooth, cool, warm?



Noticing wildlife



If you see any wildlife on your walk, stop, stay quiet and take a long look. What do you notice?

Mindfulness Walks



Body shape poses

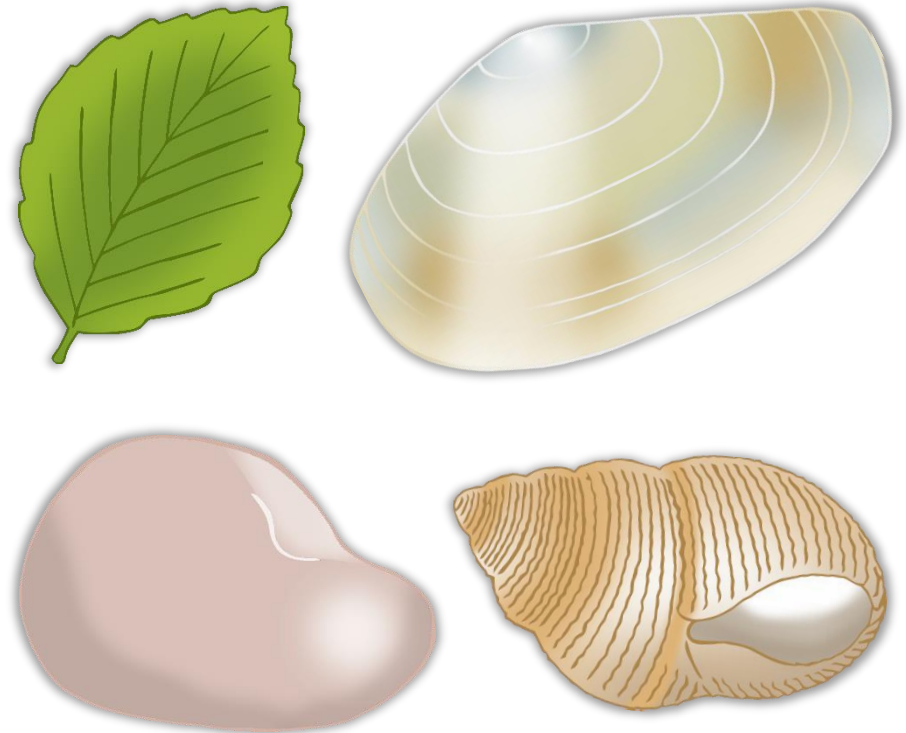


Do you see an object with an interesting shape? Try and copy the shape with your body.

Mindfulness Walks



Collecting

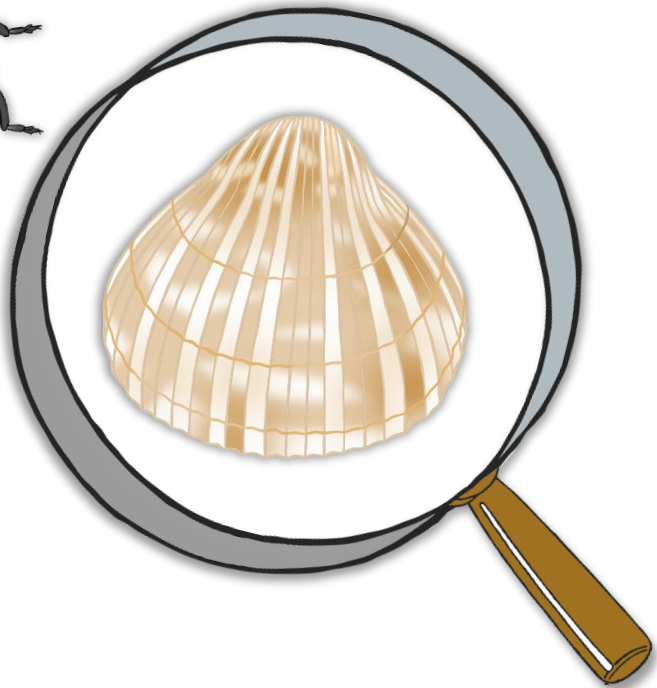


Make a collection of some interesting items on your walk. Look closely at the details.

Mindfulness Walks



Magnifier



Use a magnifying glass to take an extra close look at anything you are interested in on your walk.

Mindfulness Walks



Rainbow



On a rainbow colour walk, try to find colour objects in the order of the rainbow.

Mindfulness Walks



Sticks

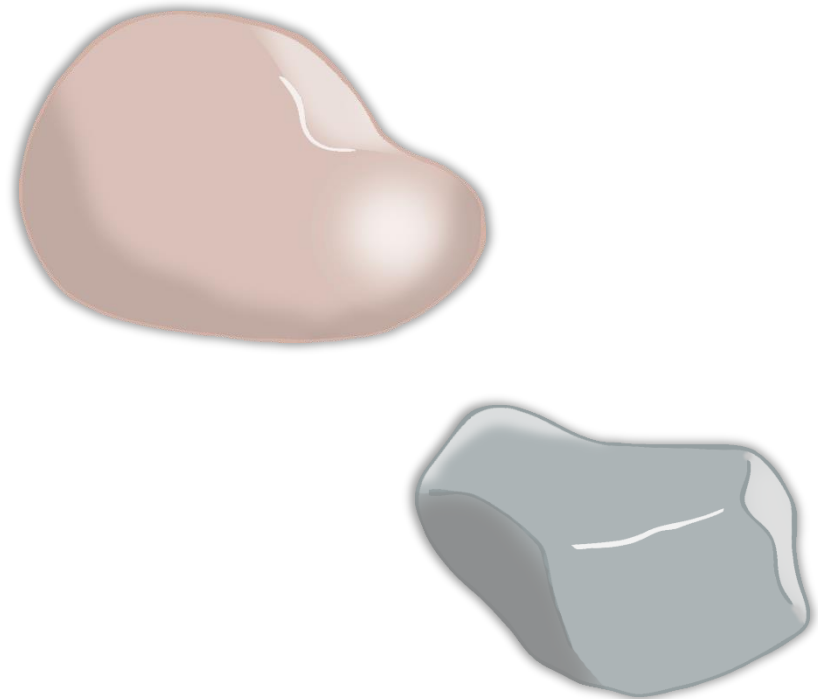


On your walk collect five interesting sticks.

Mindfulness Walks



Stones

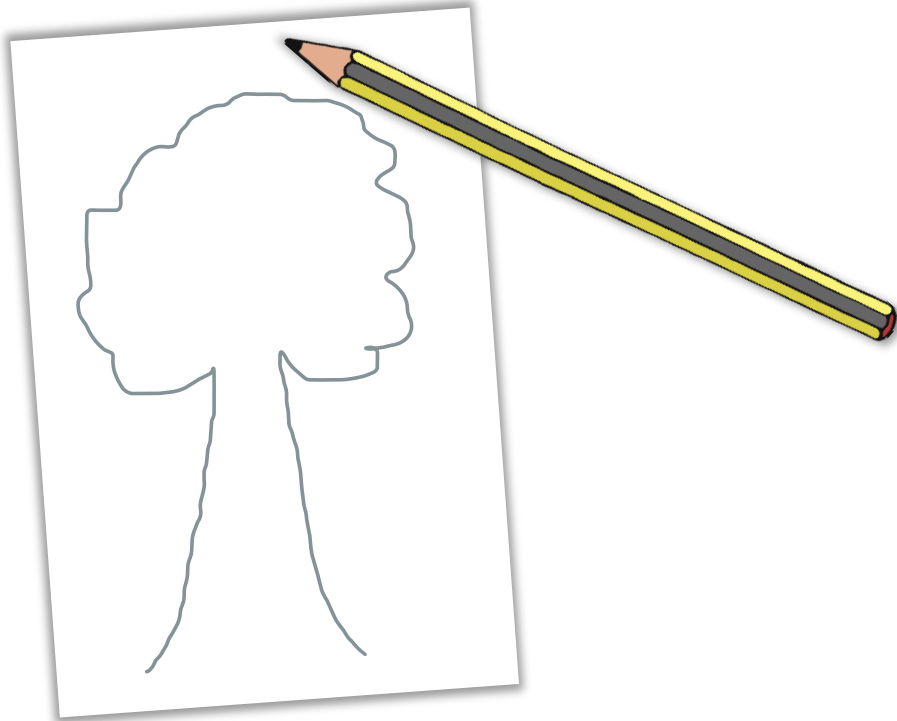


On your walk collect five interesting stones.

Mindfulness Walks



Sketches

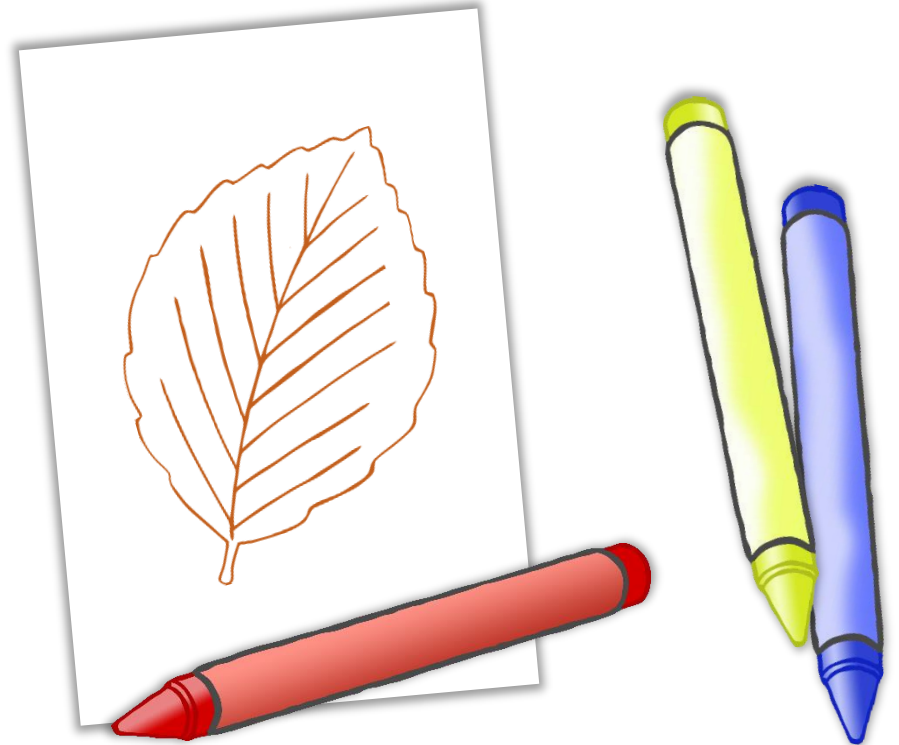


Take some time during your walk to draw some sketches of what you can see. Take your time, don't rush.

Mindfulness Walks



Rubbings



Make some rubbings of some textures during your walk.

Mindfulness Walks



Deep breaths

Breathe in...

Breathe out...

Every now and then on your walk, stop, stand still, close your eyes, and take five deep breaths.

Mindfulness Walks



Natural art



Use some natural materials to make artwork on your walk.

Mindfulness Walks



A large, empty rectangular box with a blue border, intended for writing or drawing. Below this box is a smaller, empty rounded rectangular box, also with a blue border, likely for a signature or name.

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