

# Mindful walking

Sometimes it's good to stop and take notice of what is going on around you. Doing this can help you become more aware of how you are thinking and feeling.



## Barefoot walk

Try walking barefoot across a stretch of grass. How does the ground feel beneath your feet - is it cold or damp? Does it tickle? Do you notice any other sensations?



## Bark textures

Stand next to a tree and close your eyes. Take a minute to run your hands along the trunk. What do you feel? Are there any sensations that are particularly noticeable?

Use a crayon to make a rubbing of the tree's texture. To do this, press your paper on to the tree trunk and rub your crayon hard over the surface.



## Mindful mantra

Develop a mindful mantra. A mantra is something you can repeat to yourself. You may find it helpful to combine it with a breathing exercise - take a deep breath in, then say your mantra as you exhale.

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## Observe and listen

On a walk in the forest, take a minute to observe and listen to your surroundings. Keep your eyes open or close them if you wish. **Were there any particular sights, sounds, smells or sensations that captured your attention?**

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