

# Mindfulness Walk Worksheet

## Mindfulness walk

Go for a walk, and the goal of this walk is to make you guys mindful of your surroundings. Try to notice as many birds, bugs, and other insects as possible. Anything that walks, crawls, swims, or flies is of interest, and they'll need to focus on their senses to find them, especially the little ones (Karen Young, 2017).

**Pay close attention to the input you receive from all 5 senses: sight, sound, touch, smell, and taste and go for a walk:**

<b>Senses</b>	<b>Observe</b> Start simply noticing your environment, thoughts, feelings, and sensations without reacting to them	<b>Describe</b> Now that you have observed, use <i>words</i> to practice describing your internal experience	<b>Participate</b> With practice, mindfulness will allow you to more fully participate in your own life & experiences
<b>Hearing</b>			
<b>Vision</b>			
<b>Touch</b>			
<b>Taste</b>			
<b>Smell</b>			

