Mindfulness Walks - cards

A close-up of a poster

Description automatically generatedA bird and a car and ear

Description automatically generatedA close-up of a hand and a brick wall

Description automatically generated

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.

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A cartoon of a police car

Description automatically generatedA close up of an ear

Description automatically generatedA bird on a branch

Description automatically generatedA green blob on a black background

Description automatically generatedA yellow blob on a black background

Description automatically generatedA red blob on a black background

Description automatically generatedA blue blob on a black background

Description automatically generatedA brown blob on a black background

Description automatically generated

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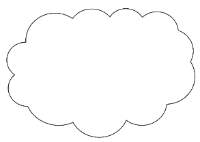
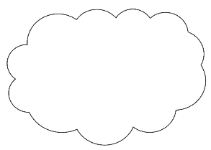
Colours

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

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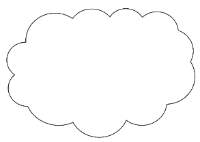
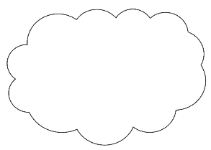
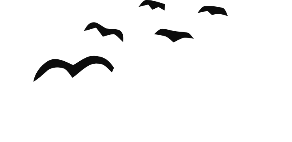
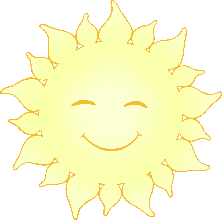
Sounds

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



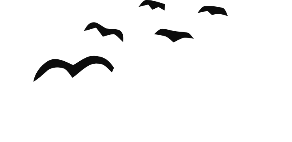
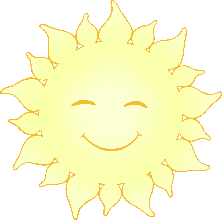
Walks

Mindfulness



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A screenshot of a building

Description automatically generatedA tree with yellow leaves

Description automatically generatedA yellow flower with green leaves

Description automatically generatedA blue eyeball with black circle

Description automatically generatedA purple flower with green leaves

Description automatically generatedA nose of a horse

Description automatically generated

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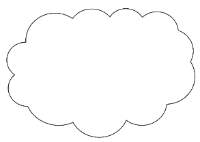
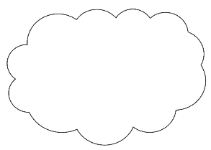
Smells

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

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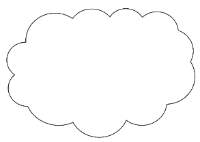
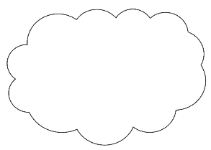
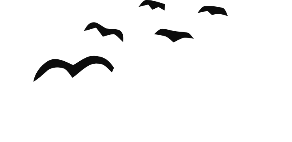
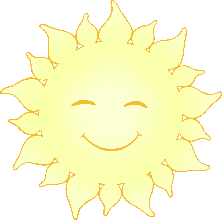
Sights

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.



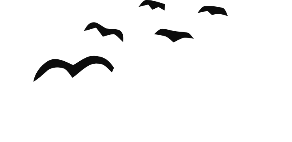
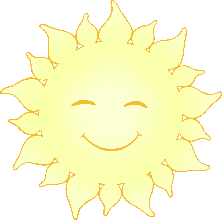
Walks

Mindfulness



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A cartoon of a hedgehog

Description automatically generatedA cartoon squirrel eating a nut

Description automatically generatedA green leaf on a black background

Description automatically generatedA close up of a hand

Description automatically generatedA tree with green leaves

Description automatically generatedA cartoon of a bee

Description automatically generatedA green and red fruit

Description automatically generatedA circular object with a brick wall

Description automatically generated

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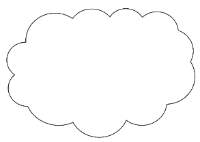
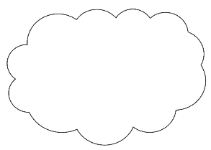
Textures

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

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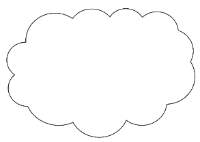
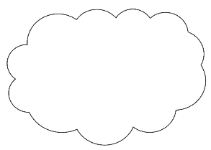
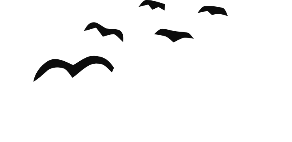
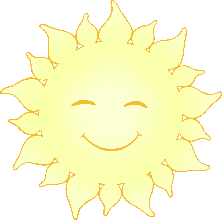
Noticing wildlife

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



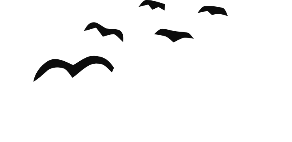
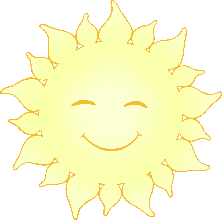
Walks

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Cartoon of a person kneeling

Description automatically generatedA close-up of a football ball

Description automatically generatedA white shell with white lines

Description automatically generatedA close up of a shell

Description automatically generatedA white object with a black background

Description automatically generatedA green leaf with lines on it

Description automatically generatedA cartoon of a child with his hands up

Description automatically generatedA tree with green leaves

Description automatically generated

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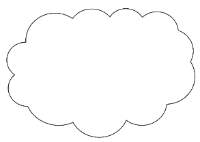
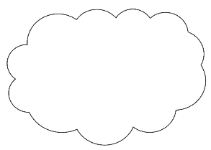
Body shape poses

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

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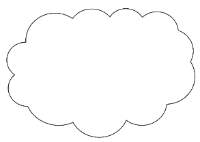
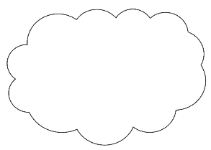
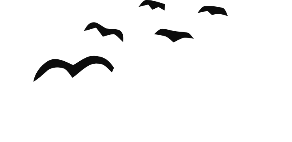
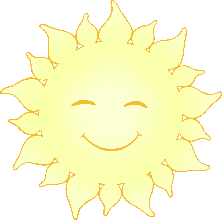
Collecting

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



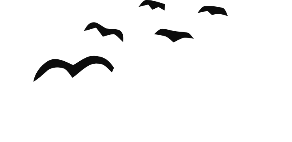
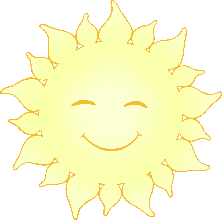
Walks

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A close up of a shell

Description automatically generatedA cartoon of a magnifying glass

Description automatically generatedA rainbow flag on a black background

Description automatically generatedA ladybug with black dots

Description automatically generated

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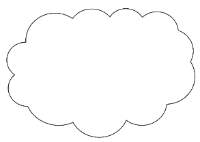
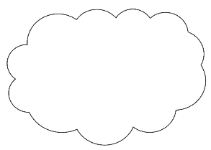
Magnifier

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

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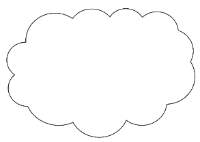
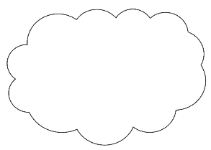
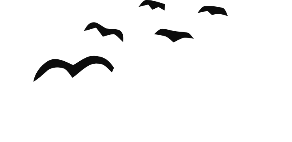
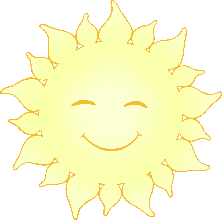
Rainbow

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



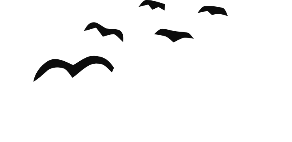
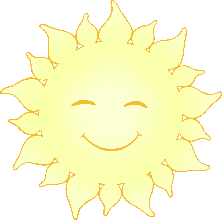
Walks

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A brown tree branch with no leaves

Description automatically generatedA white object with a black background

Description automatically generatedA white object with a black background

Description automatically generated

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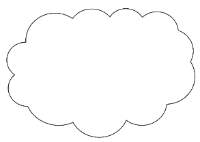
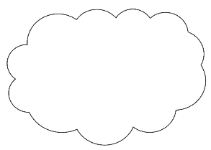
Sticks

On your walk collect five interesting sticks.

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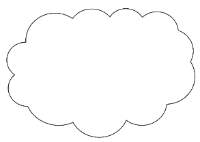
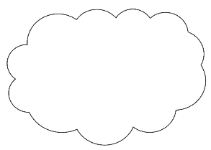
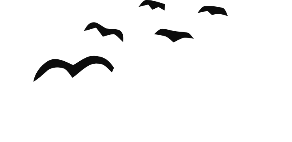
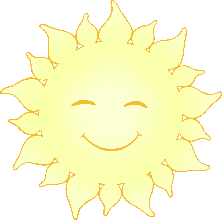
Stones

On your walk collect five interesting stones.



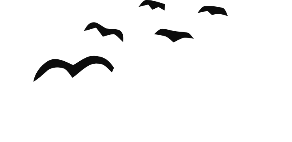
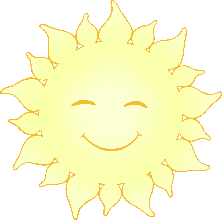
Walks

Mindfulness



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A yellow and grey pencil

Description automatically generatedA red object with black background

Description automatically generatedA white leaf with black background

Description automatically generatedA yellow light on a black background

Description automatically generatedA blue light on a black background

Description automatically generated

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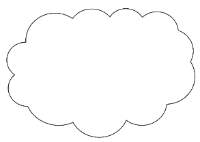
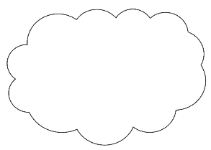
Sketches

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

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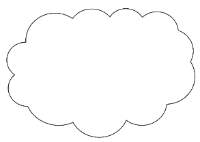
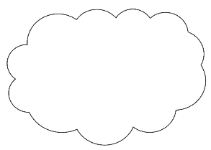
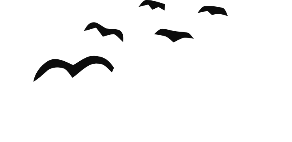
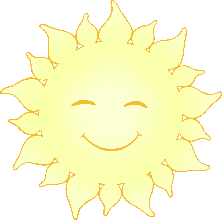
Rubbings

Make some rubbings of some textures during your walk.



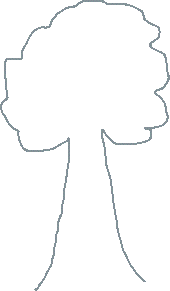
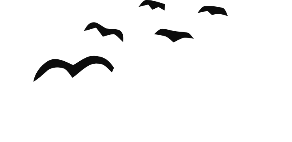
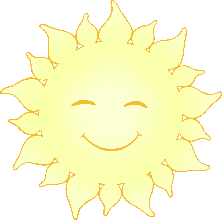
Walks

Mindfulness



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Logo

Description automatically generatedA picture containing mollusk, light

Description automatically generatedA yellow leaf with a black background

Description automatically generated with medium confidenceA white circle on a black background

Description automatically generated with medium confidenceLogo

Description automatically generatedA white circle on a black background

Description automatically generated with medium confidenceA picture containing mollusk, light

Description automatically generatedA picture containing mollusk, light

Description automatically generatedA yellow leaf with black background

Description automatically generatedA picture containing mollusk

Description automatically generatedA yellow leaf with a black background

Description automatically generated with medium confidenceShape, circle

Description automatically generatedA white circle with a black background

Description automatically generated with low confidenceA picture containing mollusk

Description automatically generated

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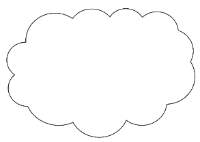
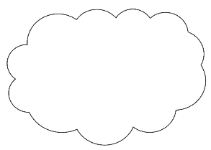
Deep breaths

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

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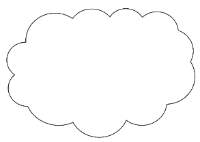
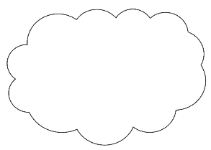
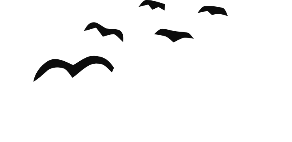
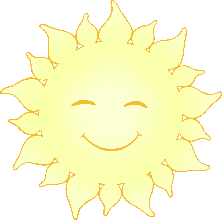
Natural art

Use some natural materials to make artwork on your walk.



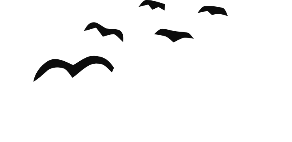
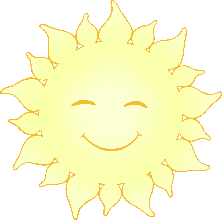
Walks

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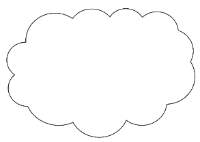
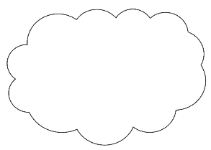


Breathe out…

Breathe in…

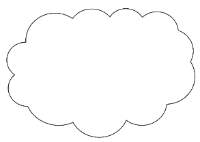
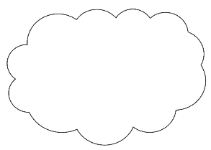
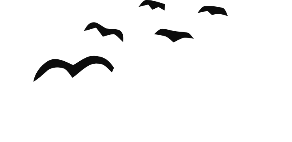
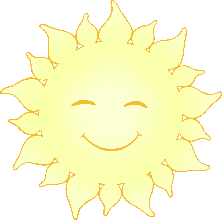
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