

# Mindfulness Walks



This poster contains 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



Sounds



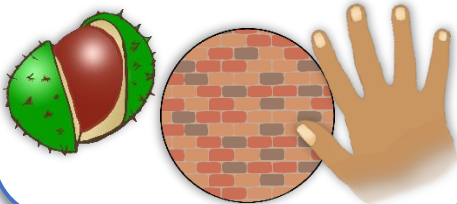
Smells



Sights



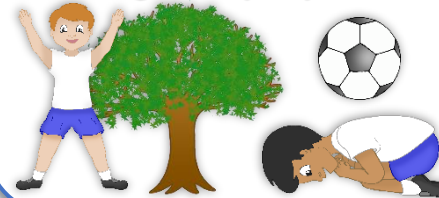
Textures



Noticing wildlife



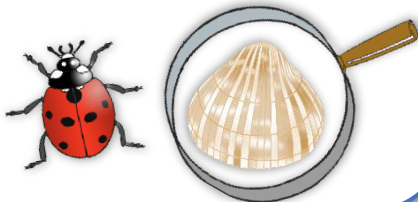
Body shape poses



Collecting



Magnifier



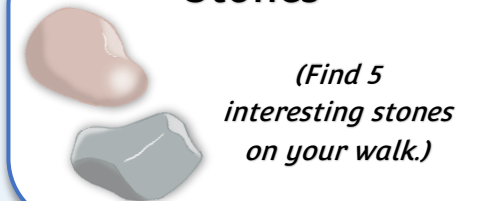
Rainbow



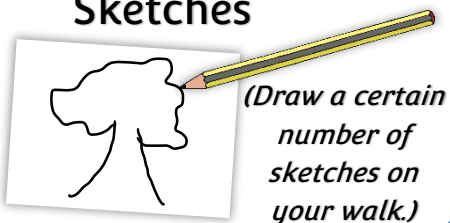
Sticks



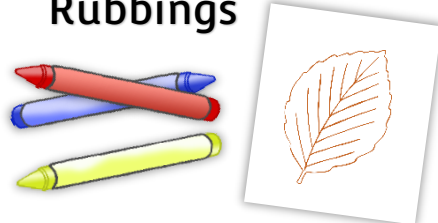
Stones



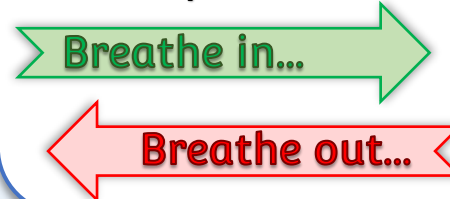
Sketches



Rubbings



Deep breaths



Natural art

