

MINDFUL WINTER WALK

Tips for your mindful walk

Walk at a natural, slow pace. Take your time to enjoy the beauty of nature around you. Look around, what do you see?

Take in deep breaths through your nose. Focus your attention to your sense of smell. What do you smell? Does it smell earthy?

Listen. What do you hear? Are there animals bustling around? Do you hear snow crunching beneath your feet? Do you hear the wind?

At the end of your walk, pause and take a moment. Stand still and take in a deep breath. Take a look around and notice your feelings. How do you feel?

weather (circle one)



I see...

I smell...

I hear...

I feel..

