

## Mindful Walking Activity

### Directions:

- You will be invited to walk while thinking about different scenarios
  - notice feelings: anxiety, happiness, others
  - notice hands, back, posture, face
  - observe thoughts: past, present, future
  - observe the present environment: sounds, feelings, light, air

### Guidelines:

- Be mindful of others' safety
- Non-judgment: both ourselves and others [this will be a little different for all of us]
- Each of us experiences situations uniquely, honor your and others' experiences
- Strive for silence and focus on the moment

### Prompts (time each type of walking):

*I will read the prompt, the bell will mark the beginning and ending of the walk. Please hold discussion until we re-group.*

- You have just gotten out of bed and walking to start your morning routine.
- You are in the airport headed to get on your plane.
- You have just left your car to go to the gym, you will need to walk across the blacktop with a bag to change into. It is pretty hot outside and you have had a long day.
- You are walking along a forest path. The path is lined with maple, oak and birch trees and you can hear birds singing and a slight breeze.
- You are walking here, where you are now. You are in the presence of others who are also here now. You are walking at your own pace: noticing your breath, noticing your posture and noticing sensations as you take each step.

### Debrief:

What was that like?

What differences/similarities did you notice between the types of walking?

What did you notice?

Thoughts

Feelings

Environment

How would you apply this to everyday life?

How would you apply this to helping others?

