



5 Senses Mindfulness Walk: Name: _____

Date: _____

Step outside... What is happening in this moment in time around you? Use your 5 senses to think about nature and lose your worries and stresses for a while. You will feel calmer after your mindfulness walk.

Before you begin, take 3 deep breaths, notice where you are standing, the bottoms of your feet, your legs and body, your arms, the tips of your fingers and into your mind.

Notice 5 things you can see



Notice 2 things you can smell



Notice 1 thing you can taste

(do not put anything in your mouth)



Notice 4 things you can hear



How are you feeling now?



Notice 3 things you can feel



Remember how you are feeling – you can do this in your own time too.



Please wash your hands after your nature walk.



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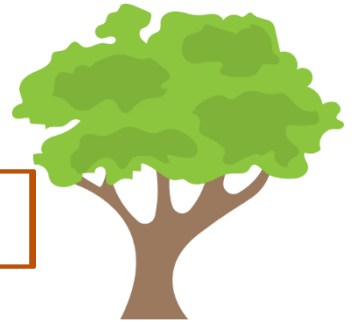
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Notice 3 things you can feel

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Notice 1 thing you can taste

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