

Mindful Walking

1. BEFORE THE WALK -> HOW DO YOU FEEL? HOW DOES YOUR BODY FEEL?

2. DURING THE WALK -> NOTICING

SENSE OF SOUND: WHAT DO YOU HEAR?

SENSE OF SMELL: WHAT SCENTS CAN YOU PICK UP AS YOU ARE WALKING?

SENSE OF TASTE: ARE YOU ABLE TO NOTICE ANY TASTES AS YOU WALK? CAN YOU TASTE THE AIR?

SENSE OF TOUCH: NOTE AGAIN HOW THE GROUND FEELS ON YOUR FEET. CAN YOU FEEL ANYTHING ON YOUR FACE (E.G., SUN, THICK AIR, SWEAT)?

3. AFTER THE WALK -> HOW DO YOU FEEL? HOW DOES YOUR BODY FEEL?