

Guided Walk

Please set a timer for the instructed amount of time to return to the group. Be sure to note where you started to return to at the end of the walk.

Start out by standing (if you are able) with your feet planted on the ground. Take 5 slow deep breaths. Take in your surroundings. Notice what you're feeling in your body in this moment.

Do a 360 degree scan of your environment. Walk towards something that you want to get a closer look at. While you walk towards it, be aware of each step you take and pay attention to what the movement feels like.

Once you arrive at the destination, take a closer look. Think about -

- What are you looking at?
- What can you see up close that you couldn't see from afar?
- What details do you notice?
- Is this something you can touch? What does it feel like?
- Have you seen this before? If so, what do you notice now that you haven't before?
- Is there anything you like about what you're looking at? If so, what?
- Is there anything you dislike about what you're looking at? If so, what?

Take another 5 slow deep breaths. Do a 360 degree scan of your environment. Walk towards something new that you want to get a closer look at. While you walk towards it, be aware of each step you take and paying attention to what the movement feels like.

Once you arrive at the destination, take a closer look. Think about -

- What are you looking at?
- What can you see up close that you couldn't see from afar?
- What is similar to what you're looking at now to what you were looking at before? What is different?

Turn over!

Now continue walking at your own pace, mindfully taking in your surroundings, if there's a path, you can follow it or choose your own adventure. Walk continuously or stop when you want to take a closer look at something or to take a break! While you walk quietly, pay attention to your environment and consider these questions:

- What do you see?
- What noises do you hear?
- What about this environment is familiar?
- What about your environment is unfamiliar?
- Is there anything you're curious about? If so, explore that more!

When the time is coming to an end, like when you start, stand with your feet planted on the ground. Take 5 slow deep breaths. Take in your surroundings. Notice what you're feeling in your body in this moment. Return to the starting point.