



Nature Walk

A great opportunity to be mindful and connect to ourselves and the world around us. They can be lots of fun and cultivate a sense of awe and wonder.

Before you start, take 3 big breaths to check how we are feeling? Excited? Calm? Perhaps nothing? That's ok too. Feel the bottom of our feet on the ground and then begin to listen to our surroundings. Can we hear anything at all? Does anything stand out? Just to let you know, we will pause throughout the walk and take a couple of breaths, feel our feet and listen for sounds regularly. We may be feeling really excited and want to start exploring and running or climbing. Our natural excitement might get us really energised, that's ok.

(To bring attention back, ask lots of questions about what they are noticing in the walk and share observations about size, colour, shape, texture, smell, sound. Point to natural treasures around and share excitement. Pause and take regular breaths to give time to share findings.)

Could gather any interesting things (e.g. fallen leaves) they find along the way for any follow up activities too.

Closing the walk, make sure there is time for a calm debrief. Check in with breath, notice feet, reflect on how our mind and body is feeling after the nature walk. What did you feel? See? Hear? Smell? Notice? What stand's out most about today's walk?

An important lesson of the nature walk is to take care of leaving our surroundings as we find them and leave no trace.

