



# Mindful Nature Walk

Try some or all of the below practices to help you enjoy & appreciate the beauty, serenity, & wonders of our natural world and to experience the peacefulness & positivity that comes with being in the present moment.

Set an "intention" for your walk -*how* you want to feel or *what* you want to accomplish?

Gently touch a tree's bark, how does it feel?

Soak in the sight & sound of moving water

Inhale deeply something you are grateful for, and exhale loudly something you may be stressed out about

Find something *bigger* than you, *smaller* than you

SMILE



If you could be anything in nature, what would it be? Look for and/or visualize it

Stand or sit silently for 5 minutes, **BREATHE** and "just BE"

Look for a color you are wearing and for your favorite color

Observe curiously animals "being in the present moment"

Feel the breeze, sun's rays, shade, rain, or snow on your skin

Breathe in slowly thru your nose focusing on nature's aroma, does it remind you of anything?

Observe a leaf, branch, fern, or flower moving or "being still"

As you slowly walk, feel the ground under your feet with each step

Listen to Nature's Symphony

Take a mental snapshot of something that brings you peace -*save for later*

Thank yourself for taking **YOU** on this mindful nature walk!

