

Mindfulness Walk

Focus on what you see, hear, smell, touch, and possibly taste in your environment.
Read the questions. Write your answers in the boxes below.

I SEE..

Look around you. Notice the colors, shapes, and patterns in your surroundings.
Write down at least three things you see, and briefly describe what catches your eye.

I HEAR..

Listen carefully to the sounds around you. What can you hear?
Write down at least three distinct sounds, and note how they make you feel.

I SMELL..

Identify any scents in the air. What can you smell?
Describe at least three different smells and their characteristics.

I FEEL..

Explore the sense of touch by reaching out and feeling various objects or surfaces.
Describe the textures and sensations you experience when touching things like leaves, rocks, or tree bark.