

Objectives:

Students will practice being aware of what is around them.
Students will use their five senses to practice mindfulness.

What's Included:

p.2: "Mindful Nature Walk" Recording Sheet
p.3 "Mindful Cloud Observation" Sheet

Directions:

In this activity, instructors will take students outside to experience mindfulness. While students are outside, they should be encouraged to silently explore their surroundings. They can use the recording sheet on page 2 to help guide their observations. Prompts on the recording sheet encourage careful observation of what is happening externally and internally for the students.

After the nature walk, if weather permits, encourage students to spend some time looking at the clouds and observing how the clouds change. Use the "Mindful Cloud Observation" sheet on page 3 to guide this activity.

Discussion Prompts:

- What was the nature walk like for you?
- Did you notice anything that you had not noticed before?
- Was it challenging to stay focused? If so, why?
- How did your body feel during this experience?
- How do you think that being more aware of ourselves and our surroundings can be helpful?

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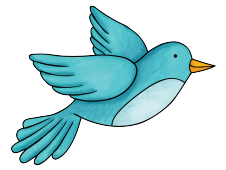
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Name: _____



Mindful Nature Walk



Mindfulness is being aware of what is happening in and around our bodies. Sometimes these things can be hard for us to notice, so it is a good idea to stop and be aware of our surroundings.

Animals I see:

Plants I see:

Colors I see:

Sounds I hear:

The air feels:

Scents I smell:

Thoughts I have:

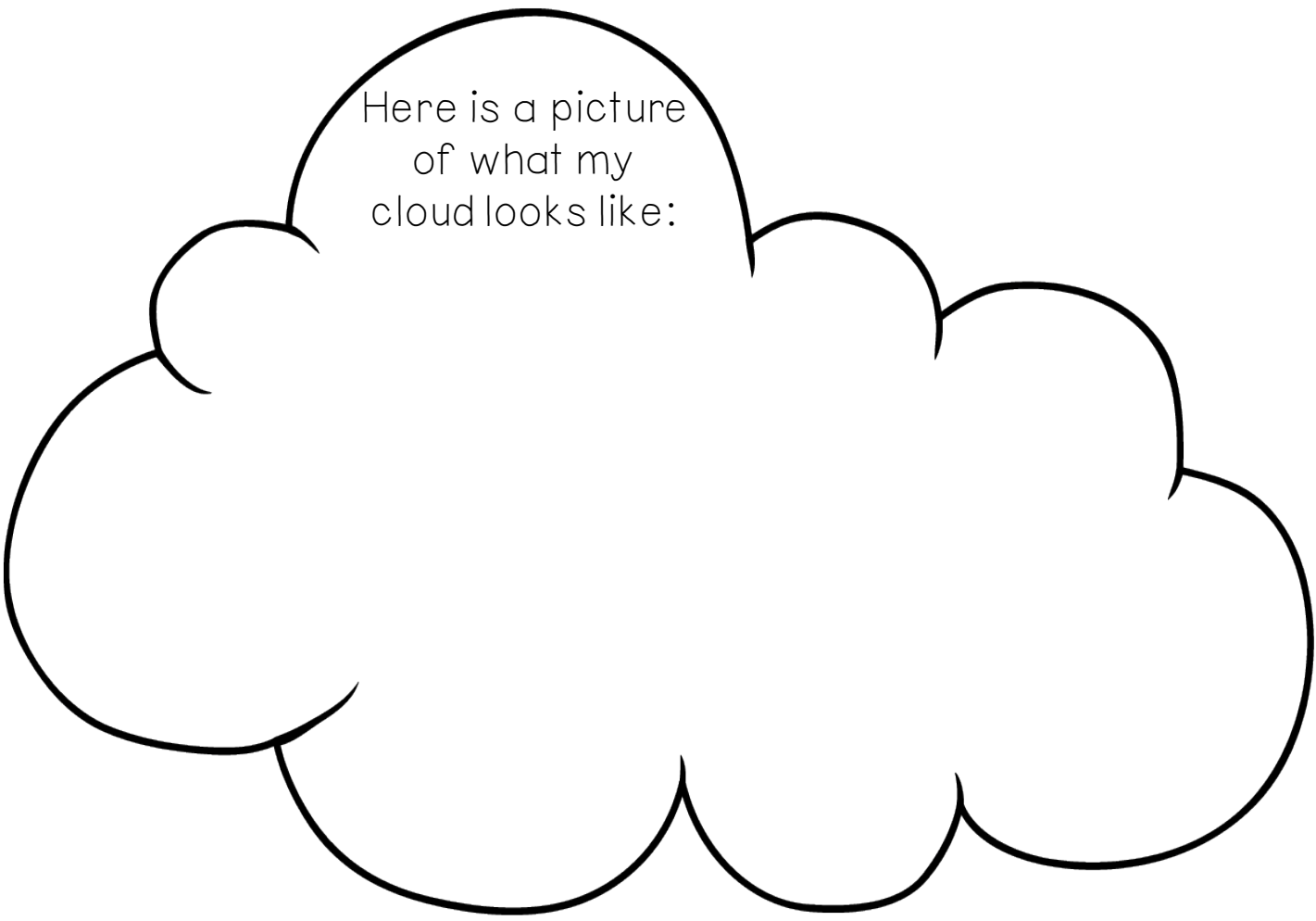
Feelings I have:

Things I have never noticed:

Name: _____

Mindful Cloud Observation

One way of practicing mindfulness is to focus intently on one thing. A great way to practice this is to observe a cloud and the ways that it changes as it passes through the sky. Choose one cloud to follow and record your observations below.



Here is a picture
of what my
cloud looks like:

My cloud looks like these other things:

1. _____
2. _____
3. _____
4. _____
5. _____