OUTDOORTED

Mindful Walking

7 miles in 7 days

Connecting nature, nurture and education

Mindful Walking

The 5,4,3,2,1 strategy

By engaging in this activity you are focusing on being in the moment. This technique will help ground ourselves through the use of mindfulness.
The activity helps focus your attention on your senses and helps you be present. If your mind starts to wander to other things other than the activity, gently bring your attention back to your surroundings.

We can often find ourselves worrying about the future or going over past events in our mind which can affect how we feel in the present moment. Either way we are not present or experiencing whatever is happening in the current moment. To help ground ourselves in the current moment we can use techniques from Mindfulness. Mindfulness is the process of purposely bringing one's attention to experiences occurring in the present moment without judgment.

🍃 5, 4, 3, 2, 1

As you engage in this exercise see if you can keep your observations factual and without judgement.

🍃 **5**

Acknowledge **FIVE** things you see around you. See if you can notice something you haven't seen before.

🍃 **4**

Acknowledge **FOUR** things you can hear. This could be any external sound. If you can hear your belly rumbling that counts! Focus on things you can hear outside of your body.

🍃 **3**

Acknowledge **THREE** things you touch around you. It could be the ground under your feet, whatever you are sat/lying on, the sensation of your clothes on your skin.

🍃 **2**

Acknowledge **TWO** things you can smell. If you need to take a brief walk to find something you can smell then do so.

🍃 **1**

Acknowledge **ONE** thing you can taste. What does the inside of your mouth taste like- coffee, toothpaste, whatever you had last to eat?

As you engage in today's session see if you can pay attention to your senses and maintain your focus on the present moment. It's really common for our minds to wonder to others things so when this happens gently and kindly bring your attention back to the present moment and whatever you are experiencing.

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