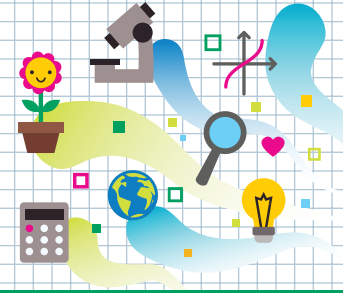




# HEADS IN, HEARTS IN

## Mindful Walking Instructions for Set-Up



### Supplies

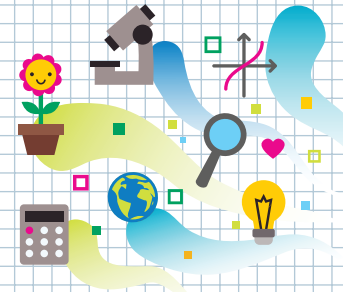
- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Mindful Practices Cards” handout
- Scissors
- Hole punch (single)
- String, yarn or metal binder rings
- Display table

### Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print enough copies of the “Mindful Practices Cards” handout for participants.
- ▶ Cut out each card.
- ▶ Punch a hole in the top corner of each card.
- ▶ Tie the cards together with a piece of string or yarn, or use a metal binder ring to hold them together.



# HEADS IN, HEARTS IN



## Mindful Walking Guide for Families

### Learning Objectives

#### What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

#### What you will do and learn:

In this activity, you will take a walk and practice slowing down and trying mindful noticing. The goal is not to complete the activity quickly or to notice the most things. Instead, the goal is to slow down, breathe deeply and focus your energy on the present moment.

### Instructions

1. Take your “Mindful Practices Cards,” and go for a walk.
2. As you walk, pull out one of the “Mindful Practices Cards.”
3. Stop walking for a moment and follow the instructions on the card. You can think about what you notice or say it out loud.
4. After a moment, continue your walk.
5. Continue to pull out additional “Mindful Practices Cards” while walking and pause to notice or to take a deep breath.
6. You can use these practices with or without the cards while you are doing just about anything during your day to help you slow down and feel calm.

# Mindful Walking

## Mindful Practices Cards Handout

Notice one thing that you see.



**see**

Notice one thing that you hear.



**hear**

Notice one thing that you smell.



**smell**

Notice one thing that you can touch, and touch it if possible.



**touch**

Take a deep breath in and out of your nose.



**breathe**