



Open-Sky
School

Category
MINDFULNESS



Activity

Mindful Walking

MATERIALS
NONE

DURATION
20 MINUTES

Activity Summary

The goal of this activity is to practice mindfulness by becoming aware of one's body in motion. This activity invites students to pay attention to their movements when they walk (for example, focusing on which part of their foot touches the ground first), and to use that awareness to ground themselves in the present moment.

Preparation

- Choose whether students will walk back and forth or in a circle following one another.
- Students will follow each other in a natural area (e.g., a large field, park, forest).
- Make sure you can see and hear all students during the activity.
- Tell students to think about the questions you ask them, and answer them quietly to themselves.



Steps

Read aloud the meditation script below to your students, pausing between each line so that students have time to think about the questions you ask.

Say:

- A.**
1. Close your eyes.
 2. Take a few deep breaths.
 3. Continue to breathe in and out.
 4. Pay attention to your lungs inflating as you inhale and deflating as you exhale.
 5. Can you feel your breathing better if you put your hand on your belly?

Now bring your attention to the sounds around you.

- B.**
1. Bring your attention to the contact of your feet with the ground.
 2. Move your toes.

Now bring your attention to your whole body.

- C.**
1. When you feel present in your body, open your eyes and start walking very slowly in front of you. The path does not have to be very long, because you're not going anywhere.
 2. There is no right way to walk, other than to move very slowly and observe the natural world around you.
 3. Pay attention to each step you take, to your foot lifting off the ground, to your muscles working, and then to your foot landing on the ground.

- D.** It's normal to lose focus on the activity sometimes and to think about something else. **Don't worry about it.**

1. Bring your attention back to your breathing and body movements.
2. Continue walking for a few more minutes, keeping a distance from others.

Now, pay attention to your posture.

Questions:

- What do you hear?
- Do you hear the sounds of nature, like birds, wind?

- Can you feel the wind on your skin? Is it warm or cool?
- Can you distinguish particular smells around you, like the smell of grass?

- Which part of your foot touches the ground first?
- Does your foot land completely on the ground before your next step?

- Is your back bent or straight?
- Are you looking at the ground or straight ahead?

RETURN
TO GROUP

- How do you feel now?
- How did your body feel during the activity?
- Did the activity bring up any emotions in you?
- What did you think about during the activity?
- Was walking very slowly easy or difficult?
- Was it difficult to stay focused on the action of walking during the activity?

REINVESTMENT:

You can encourage students to do this activity again while walking to school or while on the move in school.