

Unit One: Mindful Moments

Attention Training Practices

1.4 Mindful Walking



What.

A physical activity that uses the environment to help participants slow down and pay attention to both internal and external experiences.

Why.

Whether it's for one minute or 15 minutes, mindful walking is a skill that helps connect us to the present moment. Focusing less on the destination and more on the simple pleasures of a walk leads to greater awareness and appreciation of the earth beneath our feet, the air flowing in and out of our lungs and the sights, sounds and smells of the passing scenery.

How.

1. Gather students in an area where there is enough room for them to walk around.
2. Lead the Mindful Walking practice by reading the instructions located on the following page.
3. Once the breathing practice has concluded, take a brief pause, and then engage the group in a dialogue about their experience. Begin the conversation using the suggested dialogue prompt.

Tip

Any kind of walking – however short – can be used as a mindfulness practice. Taking in your surroundings while spending time in nature, walking through forests, strolling by the seashore or simply walking to the store can get you out of your head and into the moment.



Core Competencies

Self-Awareness
Social-Awareness

Materials

None

Time

15 minutes

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LEADING MINDFUL WALKING



Play

- Begin standing upright with arms relaxed by your side.
- Notice the feeling of touch between both soles of your feet and the surface where they are resting.
- Take a moment to settle into your body, softening your gaze downwards.
- Bring your attention to the flow of your breath.
- Notice each breath coming into the body as you inhale and leaving the body as you exhale.
- At the end of your next out-breath, begin walking slowly and attentively.
- Feel each foot lift, swing and touch the ground.
- With each new step, feel the weight of the body shift as one foot comes forward.
- If you get distracted by other thoughts, emotions or body sensations, simply redirect your attention back to the experience of walking.
- Continue to walk slowly for the next several minutes, directing your attention to the experience of walking.
- When you are ready, bring both feet together to a standstill, connect with your surroundings and let how you feel now guide you.

DIALOGUE PROMPT

- What did you notice?