We invite you to be in the present moment.

Plan out a place to walk: on a trail, around your block or in a hallway.

Read each prompt below. Participate in the action.

When you are ready, walk a few steps, feet or yards away and stop. Repeat.

- **NOTICE**: Take a deep breath and begin walking slowly. Walk a few feet or yards without trying to change how you are walking, simply notice how it feels. How do your feet feel on the ground? How do your hips move? What are your hands doing?

  When you are ready, stop walking.

- **OBSERVE**: Notice what is going on around you. Cars driving by. Kids playing. Birds flying overhead. OBSERVE colors and shapes and shadows. NOTICE movement and perhaps, stillness too.

  When you are ready, walk on slowly. Stop.

- **LISTEN**: (It may help to close your eyes for this prompt) Turn your attention to sounds. Just be AWARE of sounds you hear without being concerned about the source of the sound. Just LISTEN.

  When you are ready, continue walking slowly. Stop.

- **BREATHE**: (Closing your eyes is helpful for this prompt too.) Take a deep breath in. How does the air feel in your nostrils? Do you hear your breath? NOTICE any aromas without trying to identify or judge them.

  When you are ready, walk on slowly. Stop.

- **FEEL**: Notice any physical sensations. (Again, you may wish to close your eyes.) Is there a breeze? Do you feel the sun on your skin? What is your temperature? Do you feel your feet on the ground? With openness and curiosity, notice any thoughts or feelings that arise. You are fully aware.

  When you are ready, end your Mindfulness Walk by taking 3 deep breaths and opening your eyes.

  We invite you to imagine how to bring this awareness into the rest of your day.