# MINDFULNESS WALK

Individual, Dyadic, or Group Writing Exercise

USE THIS EXERCISE TO BUILD:

Nurturing Parent-Child Interactions

&

Social and Emotional Abilities

## PURPOSE

When stressed, identifying and naming the things around us can have a calming effect and allow space for increased emotional regulation. Pair this with a walk, and you have a relaxing mindfulness activity that you can do individually or in a group. For kids, this imaginative and physical activity can support healthy brain development and fostering positive adult-child relationships.

## SUGGESTED ACTIVITY LENGTH: 30 MINUTES

5 minutes for instructions | 20 minutes for walking | 5 minutes for reflection

## MATERIALS

Just yourself, and a willingness to be mindful

**Notes for the facilitator**

- Facilitators can share this exercise with survivors as a coping skill to write down and remember for when they need it. Or, facilitators can even take survivors on a mindfulness walk, especially if a session feels particularly challenging.
- If adapting for individual use, encourage survivors to name objects while out on a walk or (if a walk is not possible) in the current space they find themselves in.
- This exercise can be paired with box breathing, or other breathing techniques.
- If participants can't go on a walk, this exercise can still be helpful to try inside.

**When using this activity with children:**

- Consider age (recommended range: 2–18 years old)
- Parents can move through the 5 senses or play "I Spy" while out on a walk with kids. If playing "I spy," one person would guess what the other person sees.

- Parents can also play “I Spy” with a twist, where you both choose to be one animal and take turns saying what you see as that animal.
- Get into character! If you choose a bird, flap your wings. If you choose a snake, wiggle around!

## INSTRUCTIONS FOR PARTICIPANTS

1. If you’re able to go outside, go for a walk. Or, find a space inside where you can do some thinking on your own.
2. Name five things you can see.
3. Name four things you can touch.
4. Name three things you can hear.
5. Name two things you can smell.
6. Name one thing you can taste.
7. Repeat as needed.

## REFLECTION QUESTIONS

- How did you feel before you started this activity?
- Did you see anything that brought you joy?
- How did you feel after?

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