

Be Active

Connect

Give

Keep
Learning

Take
Notice

Mindful Walk

Recommended Stage: 1 - 3
Duration: 30 minutes
Resources:

- Five senses mindfulness
- Pens or pencils

Learning Objectives:



Recognise and demonstrate protective behaviours that will support wellbeing

Warm Up 5 minutes	<p>Recap on the Fiveways to Wellbeing and their importance</p> <p>Ask students:</p> <ul style="list-style-type: none">◦ What is mindfulness?◦ How does it support wellbeing? <p>Set intentions by asking students what they hope to gain from the walk (e.g. relaxation, focus, curiosity).</p>
Walk 20 minutes	<p><i>Students walk in silence or soft discussion focusing on:</i></p> <p>Sensory awareness</p> <ul style="list-style-type: none">◦ What do you hear? Birds, wind, distant sounds◦ What do you see? Shapes, colour, patterns in nature◦ What do you smell? Flowers, trees, fresh air◦ What do you feel? Sun on skin, cool breeze, feet on ground <p>Gratitude stop</p> <ul style="list-style-type: none">◦ Stop at a scenic or quite spot◦ Reflect: what is one thing you are grateful right now? <p>Slow walking challenge</p> <ul style="list-style-type: none">◦ Walk as slowly as possible, noticing each footstep◦ Focus on balance and sensations <p>Reflection and discussion</p> <ul style="list-style-type: none">◦ Group discussion: What did you notice? How do you feel?◦ Journal or creative writing<ul style="list-style-type: none">▪ Write a short reflection▪ Draw a mindfulness map of what students observed◦ How to incorporate mindfulness daily<ul style="list-style-type: none">▪ Encourage students to try mindful walking at home▪ Discuss how being mindful helps with stress and learning
Wrap Up 5 minutes	<p>Reiterate the connection between mindfulness, movement and wellbeing</p> <p>Encourage students to practice mindfulness in everyday life</p> <p>Provide a challenge: Try a mindful moment daily for a week!</p>