



Mindful Walks

(Word Walk or Sensory Walk)



Set-up

Invite the class to go on a mindful walk outside. They will need a clipboard or book to lean on, pen or pencil and paper (or print one of the sheets below). If available, you could use your Active School walkway, local/school Slí na Sláinte, or a designated outdoor trail.

Mindful Walk

Explain to your class: *"A mindful walk means noticing your footsteps, your breathing as well the sights and sounds around you as you walk. Try not to think about anything that happened earlier today, or what might happen later - concentrate on the here and now."*

- Pupils are tasked with being mindful on the class walk
- Guide pupils to walk at a steady pace – not too fast, not too slow.

Option 1: Word Walk

- Print sheets 1 or 2 below, or choose your own word(s) as a class. Teacher asks each pupil to write a word on their sheet (for example "heart") and break it up into each letter (H.E.A.R.T)
- Pupils record things that they see or hear which begin with the letters of the chosen word (begin with H, begin E, begin with A and so on) until they have found words beginning with each letter of the word.

Option 2: Sensory Walk

- Print out sheets 3 or 4 below, or ask the class to draw 4 sections on a page with the words "I see", "I hear", "I smell", "I feel" in each section.
- On the walk, provide opportunities to stop and notice using the different senses.
- Pupils write down or draw what they see, hear, feel and smell as they travel on their mindful walk.





Word Walk



**Irish Heart
Foundation**

The National Stroke & Heart Charity

H

E

A

R

T



Word Walk



Irish Heart
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M

I

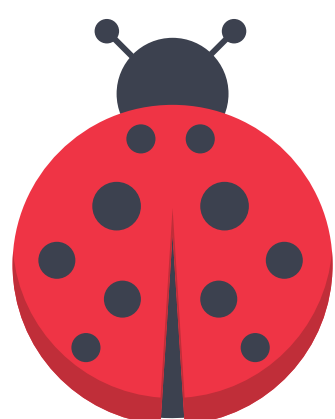
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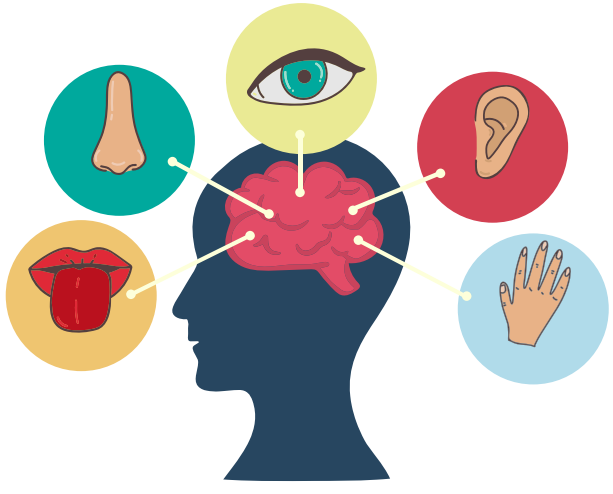
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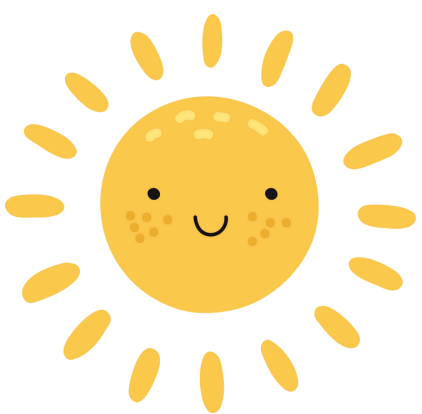
Sensory Walk

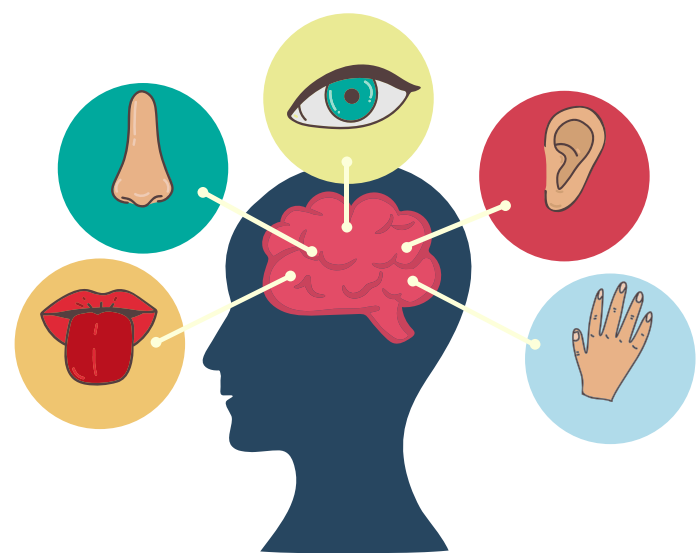
I see

I hear

I smell

I feel





Sensory Walk

I see

I hear

I smell

I feel

