



Summer Mindful Walk

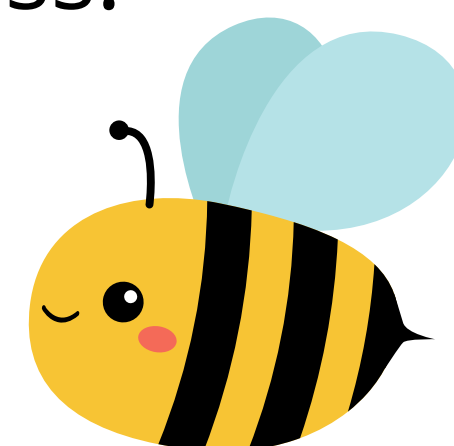
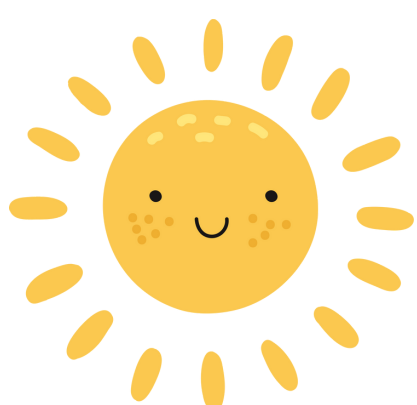
Set-up

Invite the class to go on a mindful summer walk. They will need a clipboard, pen and paper (or print the sheet 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."*

- Teacher asks each pupil to write a word on their sheet (for example "summer") and break it up into each letter (S.U.M.M.E.R)
- Pupils are tasked with being mindful on the class walk, to *"focus on the sounds and sights"* around them.
- Guide pupils to walk at a steady pace – not too fast, not too slow.
- Pupils record things that they see or hear which begin with the letters of the chosen word (begin with S, begin U, begin with M and so on) until they have found words beginning with each letter of the word.
- We have included a couple of words to choose from to print below, or you can choose your own word(s) as a class.





Summer Walk



Irish Heart
Foundation
The National Stroke & Heart Charity

S



U



M



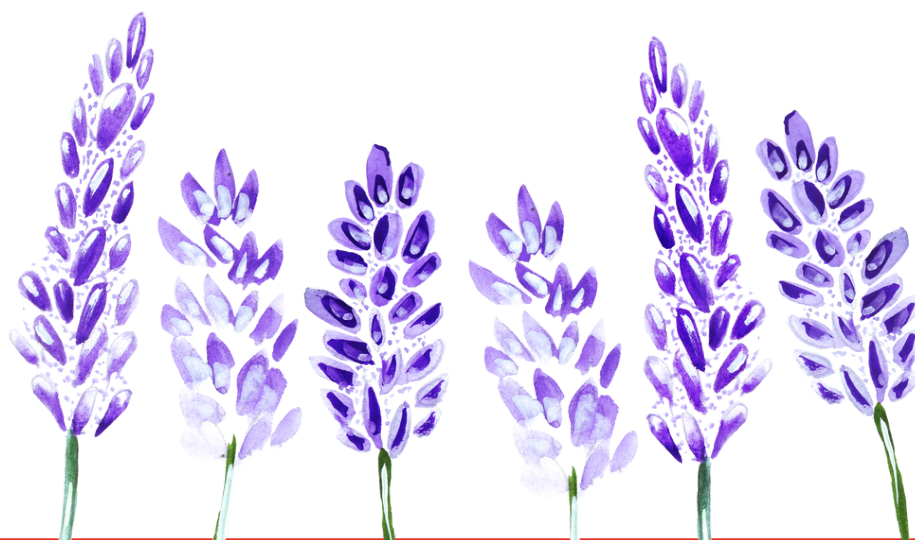
M



E



R





Summer Walk



Irish Heart
Foundation

The National Stroke & Heart Charity

M

I

N

D

F

U

L



Summer Sensory Walk

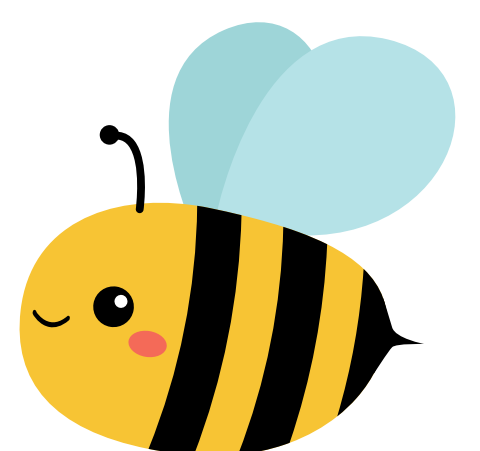
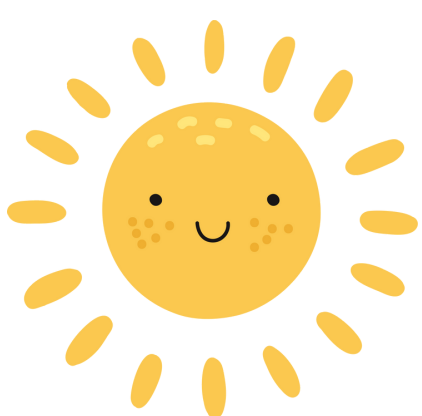
Set-up

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Mindful Walk

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- Print out the sheet below or ask the class to draw 4 sections with the words "I see", "I hear", "I smell", "I feel" in each section.
- Advise pupils to walk at a steady pace – not too fast, not too slow.
- Pupils are tasked with being 'mindful' on the class walk, to *"focus on the sounds and sights"* around them. 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 summer walk.





Summer Sensory Walk

I see

I hear

I smell

I feel



Summer Sensory Walk

I see

I hear

I smell

I feel