

# Autumn Sensory Walk

## Set Up

Invite the class to go on a mindful autumn walk. They will need a clipboard, pen and paper (or print the sheet below).

## 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."*

- 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.
- Instruct 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 touch and smell as appropriate.
- Pupils write or draw what they see, hear, feel and smell as they travel on their autumn walk.
- If available use your local/school Slí na *Slainte* (or designated outdoor trail)





# Autumn Walk

I see

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I hear

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I smell

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I feel

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# Autumn Walk

I see

I hear

I smell

I feel

