

Mindful Walk

The steady rhythm of walking is calming and comforting for many of us. If children are anxious, use this mindful walk to distract them from worries about the future and bring them to the present moment.

Walking mindfully allows children to connect with the world and feel more grounded. Walk slowly and deliberately, placing one foot in front of the other.

Share the following instructions with your child

- 1 Stand still and take several slow, deep breaths, which will help your body to relax.
- 2 Soften your focus and look at the ground in front of you.
- 3 Smile. Smiling signals to the brain that something nice is happening.
- 4 Walk slowly, focusing on the movements that go into each and every step.
- 5 While walking, pay attention to what you see, smell and hear. Stop from time to time to notice interesting objects or sounds.
- 6 At the end of the walk, stop and stand still again, and take a few deep breaths. Remember to smile at the end as well!

