

MINDFUL WALKING

Physically active children who meet the [Canadian 24-Hour Movement Guidelines](#) have better physical, mental health and psychosocial well-being. Walking is a physical activity that can be done by most children.

WHAT IS MINDFUL WALKING?

Mindful walking is the practice of combining walking with mindfulness. This means being aware of each step, and each breath you take and remaining in the present moment. The practice helps to strengthen your concentration and focus. It is a great way to de-stress and maintain a sense of calm.

Mindful walking can be done anywhere, but it can be more rewarding if you are able to get outside in the presence of nature, such as the back field of the school, a park, parkette or even an accessible trail or forest.



Mindful walking involves the following steps:

- **Breathe:** Have the students stand and take several [deep belly breaths](#) and allow their bodies to relax from head to toe
- **Smile:** Ask the students to smile slightly; smiling signals to the brain that what is going to happen is pleasant
- **Walk:** Ask the students to begin walking; bring their focus and attention to the movement of their breath; bring awareness to the body, the head, arms, torso, legs and feet. As they take each step, they should become aware of each foot as it rises and descends back to the ground
- **Stop and Observe:** Periodically ask students to stop and observe something around them such as a flower, stone, leaf, posters or signs, or a sound like a bird chirping, dog barking or people talking and laughing; spend a few moments in appreciation before continuing the walk
- **Breathe:** End the session by asking the students to take several deep belly breaths, allowing air to flow through their bodies from head to toe

ADDING VARIETY TO YOUR WALK

- [Mindful Walking Journal](#)
- [Five Senses Mindful Walk](#)
- [Walking Meditation for Kids](#) from Little Flower Yoga: a demonstration on how to get students to connect to their body sensations, find grounding and focus
- [Mindful Walking](#) from Cosmic Kids Zen Den: a mindful walk through the countryside

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