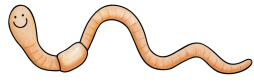
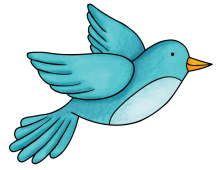


Name: _____



Mindful Nature Walk



Mindfulness is being aware of what is happening in and around our bodies. Sometimes these things can be hard for us to notice, so it is a good idea to stop and be aware of our surroundings.

Animals I see:

Plants I see:

Colors I see:

Sounds I hear:

The air feels:

Scents I smell:

Thoughts I have:

Feelings I have:

Things I have never noticed: