

5 SENSES MINDFULNESS WALKING GUIDE



5

NOTICE 5 THINGS THAT YOU CAN SEE

Cast your eyes around, and bring your attention to 5 things you may not usually notice. Look for things that you wouldn't normally pay attention to, like an unusual shadow, or the movement in the trees.

4

NOTICE 4 THINGS YOU CAN FEEL

Bring your awareness to 4 things that you are currently feeling, like the breeze against your face, the texture of nearby objects, or even your hands in your pockets.

3

NOTICE 3 THINGS YOU CAN HEAR

Try to tune into the sounds of your surroundings. What can you hear in the background? Maybe birds singing, moving water, or the sound of the ground below you as you walk.

2

NOTICE 2 THINGS YOU CAN SMELL

Take a moment to notice smells you might usually gloss over, whether something you enjoy or not. Perhaps the breeze carrying the scent of the trees, or wet dewy grass in the morning or even the limestone paths as you walk.

1

NOTICE 1 THING YOU CAN TASTE

Focus on 1 thing you can taste right now, in this moment. It might be a sip of a warm drink, savoring some tasty food, or even just the current taste in your mouth.



**Leicestershire
& Rutland**
Wildlife Trust