

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# MINDFUL SENSES WALK



## INSTRUCTION

Focus on what you see, hear, smell, touch, and possibly taste in your environment. Read the questions. Write your answers in the boxes below.

## I SEE..

Look around and notice the colors, shapes, and patterns in your surroundings. Write down at least three things you see, and briefly describe what catches your eye.



## I HEAR..

Listen carefully to the sounds around you. What can you hear? Write down at least three distinct sounds, and note how they make you feel.



## I SMELL..

Identify any scents in the air. What can you smell? Describe at least three different smells and their characteristics.



## I FEEL..

Explore the sense of touch by reaching out and feeling various objects or surfaces. Describe the textures and sensations you experience when touching things like leaves, rocks, or tree bark.

