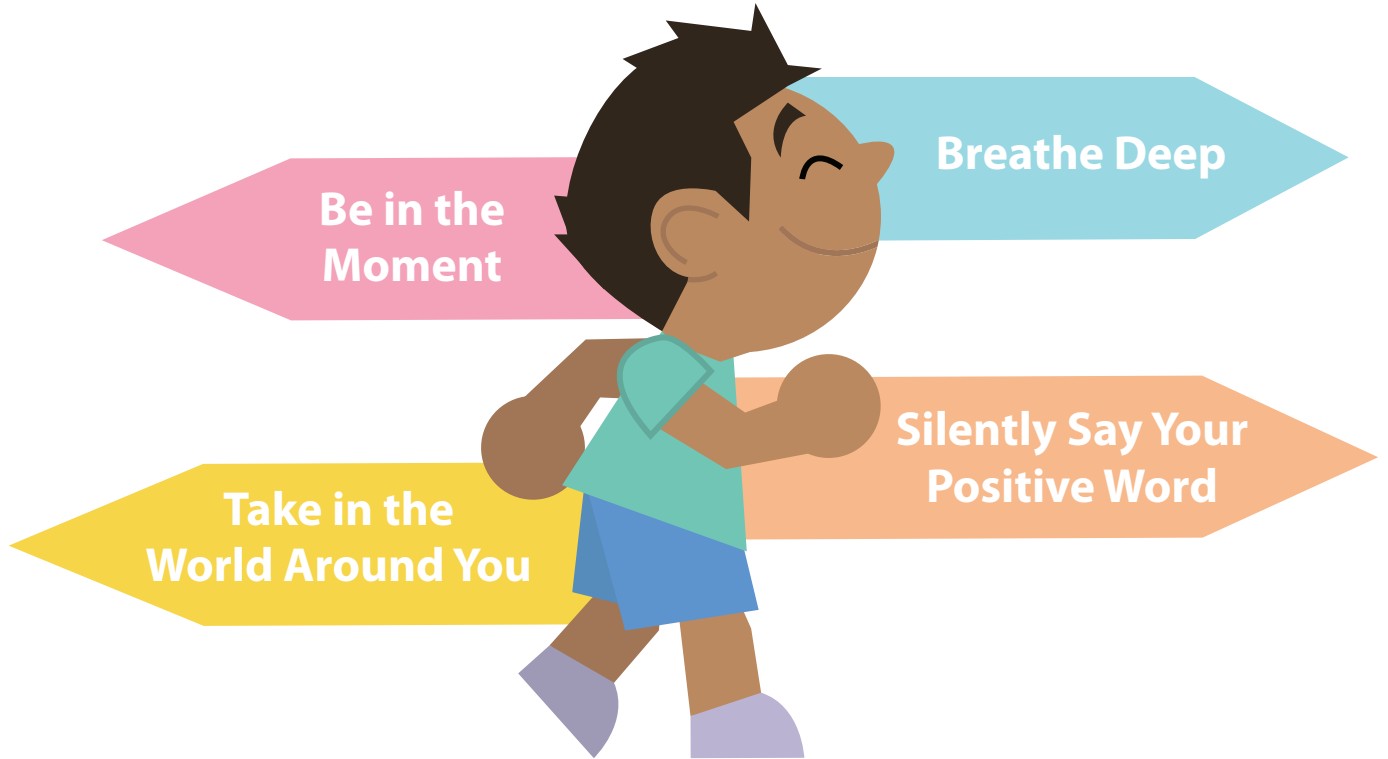


Name _____

Date _____

MINDFUL WALKING

Try mindful walking by walking slowly and connecting with your breath. Pay attention to how the different parts of your body feel as you walk.



Write down some of your reflections from practicing mindful walking.

1. What is mindful walking?

2. Write down your positive word that you silently say to yourself as you walk.

3. What did you notice as you walked mindfully?