FREE MEDITATION

go walking in nature
GUIDED MEDITATION SCRIPT

Find a comfy (does everyone use ‘comfy’ or just Australians? Maybe comfortable is safer?) spot to lie or sit. Begin by closing your eyes. Put your hand on your lower belly, right below your belly button and breathe in and out, slowly and deeply. Can you feel your belly rise up and fall down again as you breathe? Do this Calm Breathing a few more times. Breathe in and out, slowly and deeply.

We are going to pretend that we are going for a walk in nature by using only our imagination. Listen as I read the verse that goes with it:

Go Walking in Nature

A track leading somewhere  
The somewhere doesn’t matter  
On-the-way discoveries matter  
Wildflowers of colour,  
Stones flat, round, jagged  
Leaves like stars, soft or shiny, dead brown  
Or glossy green, pointy or round

Now imagine you are in a beautiful park or field. You notice there is a track leading to a line of beautiful trees and bushes. You begin walking slowly on the track, not talking to anyone, just noticing what is around you.

You stop for a while and look up at the sky. You notice the sky is very blue today and there are clouds sprinkled around. Take a moment to look carefully at the clouds, look at the shapes they make……., some are fluffy and full……………., others are wispy and stringy. Some are a very intense white and others not so much.

As you bring your vision down from the sky you notice the tree tops. Look at all the different shades of green before you……., some are almost grey……. You walk closer to the trees – feel the bark on the tree with your hands……., look how the colours is different on different places on the tree. Put your nose to the tree trunk - does it have a smell...? You notice the leaves of the tree – their colour is a deep green, with pale green stripes. Their shape is soft and rounded. Right next to you on the ground is a fallen branch from another tree. Look carefully at the leaves – notice their colour, a pale green, notice their shape, spiky. Run your finger around the spiky edges. Pick up those leaves – how do they feel in your hands? How do they smell? PAUSE

You start walking again - take in a deep breath and notice how the air feels – is it cool? Is it warm? Stay there a moment feeling the air around you, touching your skin…..

You notice some wildflowers growing nearby – walk over and bend down to have a close look. Pick just one flower, hold it in your hands, feel its softness. Put it to your nose and smell it – does it have a perfume? Put it behind your ear for later.

You begin walking again and as you look down you see the path is littered with stones of many colours. You stop and choose a stone to pick up in your hand. Does it feel warm or does it feel cool? Notice its colour........ Is it smooth or rough.........? You put it in your pocket so you can look at it again and again to remind you of your walk in nature.

You look around you again and you notice a patch of beautiful green grass – you walk over and lie down on it. It reminds you how close you are to nature! Lie here a while feeling very peaceful and calm.

Open your eyes now and take that feeling of being calm with you as you finish your day.

More mindfulness resources for you, your kids and classroom at www.makingmindfulchildren.com