Mindful Outdoor Experience

Begin
Meet up with a friend or engage in a solo adventure. Grab some water, a snack, perhaps a journal & pen. Choose a spot in nature: your backyard, a nearby park, or a trail. Turn off your phone. Set an intention: what do you wish for yourself today?

Warm Up
Breathe deeply as you rotate all of your joints in both directions: ankles, knees, hips, shoulders, wrists, neck. Inhale the arms up as you gaze to the sky, exhale the arms down as you gaze at the ground. Repeat 3x.

Sensory Walk
Stroll down a trail or around your nature spot, engaging all of your senses: What do you see? Smell? Feel? Hear? Taste?

Sit Spot
Choose your "sit spot" and settle into a comfortable seat. Set a timer or sit for as long as you like. Eyes open, notice the scene around you. Become part of your nature spot.

Gratitude
Reflect on what you appreciate about this experience. Jot it down in your journal if you have one, or simply reflect and feel gratitude throughout the body.

Share Your Experience with a Loved One