



## Mindfulness Photo Walk

*Mindfulness* is the practice of noticing what is around us, being in the present moment and simply noticing.

Benefits of a mindful photo walk:

- Helping students to focus on connecting to the present moment and their surroundings
- Physical activity
- Increase in observation skills
- A calming tool that can be done together as a class or with the family.



Pick a theme for your photo walk, here are a few examples but you can get creative and come up with your own;

The colour green

Straight lines

Flowers

Tree barks

Shapes

Leaves

Wavy lines



Go on your nature walk and enjoy the sights and sounds and smells on your walk, look out for anything that might fit with your theme. If you notice the students minds wandering, gently bring them back to focus on the mission.

Get the students to take photos of things that match the theme.

At the end of the walk , look at the photos together

Get the students to describe how they felt before the walk and after walk.  
Has their mood changed?