

Introduction

Welcome to your self-led Mindful Nature Walk! This guide will help you connect with nature and your inner self. It can be used in any open green space, whether it's a park, woodland or a garden.

How to Use This Guide

- 1. Choose Your Location:** Find a quiet, open green space where you can walk and explore at your own pace.
- 2. Pause and Reflect:** At each stop, take a moment to pause, observe and engage with your surroundings using your senses.
- 3. Optional Journalling:** Feel free to use a sketchbook to record your thoughts, or feelings. You could draw or write. Journalling prompts can be found at each stop if you want to use them.



Tips for a Successful Walk

- 1. Go Slow:** This walk is about mindfulness, not speed. Take your time and move at a comfortable pace.
- 2. Stay Present:** Focus on what's around you, using your senses to stay grounded in the moment.
- 3. Be Flexible:** This guide is just that, a guide. Feel free to adapt it to suit your needs and environment.

1 Movement and Body Awareness



Start by standing or sitting, then slowly roll your shoulders stretching to the sky and to the ground. How does your body feel? How does the ground beneath your feet feel?



Sketch what's around you or write about how you feel as you begin your walk.

2 Sight



Find a spot with a clear view. Notice the colours, shapes, and patterns. Spend a few minutes observing the features in the far distance as well as what's close by.



Sketch something that catches your eye. How does the scenery make you feel?

3 Sound



Close your eyes and focus on the sounds around you. Can you hear birds, rustling leaves, or distant voices? What's the quietest sound you can detect?



List or draw the sounds you notice. Reflect on how these sounds affect your mood.

4 Touch



Explore what's around you by touching things like tree bark, leaves, grass, or stones. Notice the different textures, rough vs smooth, warm vs cool.



You could do a texture rubbing or sketch what you've touched.

5 Smell



Take a deep breath and notice the scents around you. Smell the earth, plants, or air. How do the scents change as you move?



Describe or draw the smells you notice. Do they bring back any memories?

6 Temperature and Weather



Pause and consider the weather. Is it warm, cool, breezy, or still? How does the air feel on your skin? Observe the sky.



How does the weather impact your experience? You can sketch the sky or describe the weather and how it makes you feel.

7 Breath



Take a few deep breaths, focus on the feeling of air moving in and out of your body. Notice how deep breathing can make you feel calm and clear.



How do you feel after focusing on your breath? Draw something that makes you think of calm or stillness.

8 Reflection



As you near the end of your walk, take a moment to reflect on your experience. How do you feel now compared to when you started? What did you enjoy?



Write about or draw your favourite part of the walk. Did you learn something along the way?

Closing Thoughts



Thank you for taking this mindful journey into nature. Whether you simply went for a walk or journalled along your way. We hope this walk has helped you connect with nature and with yourself. Remember, you can return to this experience in any green space, at any time, to re-centre and refresh.

Countryside Services

This walk was created by the Hart District Council - Countryside Services team with you in mind. Scan the **QR code** or visit www.hart.gov.uk/countryside-and-leisure to find out about Hart's green spaces, our events and how to join us for volunteering.



Here for Hart

We created this walk with the support of Here for Hart. Scan the **QR code** or visit www.hereforhartdirectory.org.uk for details of over 500 local clubs, organisations and support services.



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