

# More Walk Ideas!

1. PICK A COLOR, MINDFULLY WALK & COUNT HOW MANY ITEMS YOU CAN FIND THAT ARE THAT COLOR
2. MINDFULLY WALK & COUNT HOW MANY SOUNDS YOU CAN HEAR
3. MINDFULLY WALK COUNT YOUR BREATHS FOCUS ON BREATHING IN THROUGH YOUR NOSE & OUT THROUGH YOUR MOUTH
4. MINDFULLY WALK AND TRY TO SEE THINGS YOU HAVEN'T NOTICED BEFORE
5. MINDFULLY WALK AND JUST FOCUS ON THE EXPERIENCE