



LEARNING MINDFULNESS THROUGH WALKING

Today your student learned a mindfulness practice known as a “Noticing Walk.” Mindfulness means paying attention to and noticing what’s happening within and around you—such as things you’re seeing, hearing and feeling—without deciding if they are good and bad. During our noticing walk we paid attention to what we saw, heard, thought about and felt. Then we reflected (talked about it) afterward. Learning to pay attention to your surroundings and to what’s happening within you is an important mindfulness skill that can help people of all ages be happier and healthier. If you are being mindful, you are less likely to get really upset or sad and more likely to be calm and happy.

AT HOME ACTIVITY

Another important aspect of mindfulness is gratitude. Gratitude is both a feeling (something that happens unintentionally) and a practice (something you do on purpose). A twist on the Noticing Walk that you can try at home is a Gratitude Walk. Find a place in your community where you feel safe and comfortable simply wandering a bit. Together as a family, simply walk through the area pointing out things for which you are thankful. This could include people, places, nature, smells, sounds, each other...whatever you can think of! If it’s helpful, challenge each member of your family to notice and give thanks out loud for at least five things.

HEALTHY ACTIVE LIVING

Mindful Eating

There are all sorts of ways to practice mindfulness, including a practice called mindful eating. Eating mindfully can help you maintain a healthy weight, aid digestion and relax.

To practice mindful eating, start by taking a few moments to look at what you are going to eat. Notice the colors, textures and smells. Then, take a small bite of the food and hold it in your mouth without chewing for a few seconds. Notice what the food tastes like and the texture in your mouth.

