



What you'll need:

- Time together outdoors.

What to do:

1 As a family, discuss how often when we move, we do so mindlessly. We are more focused on where we are trying to get to or the thoughts spinning around in our heads. When we move with mindfulness, it becomes a fantastic way to bring together movement of the body and focus of the mind.

2 Arrange a time to go for a short walk together as a family. During your walking meditation, remind yourselves that your body is moving while your mind remains calm and focused.



3 Consider discussing which aspects you could focus on. For example, pay attention to your breathing, the swing of your arms, the lifting of your feet and knees, or the movement of your foot as it touches the ground — heel, ball, toes.

4 After your walk, talk about how each family member felt.

★ Did it help you feel more present?

★ Where else could mindful movement be helpful in day-to-day life?

