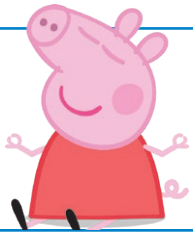
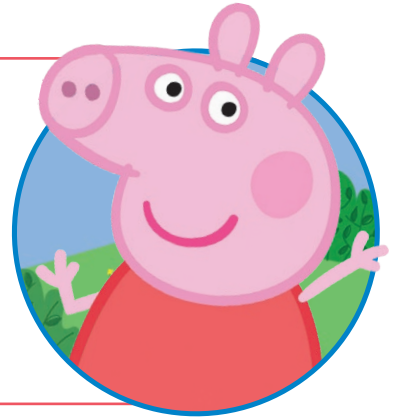


# Mindfulness Walk with Peppa Pig

## Instructions:

Let's go outside for a walk and use all of our senses to have a mindful moment. We will look, listen, touch and smell things outside and be present in the moment.



Take some deep breaths in through your nose and out through your mouth.

Notice the air on your cheeks – is it warm or cool?



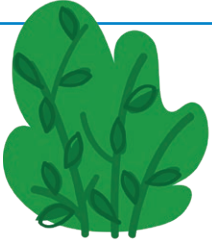
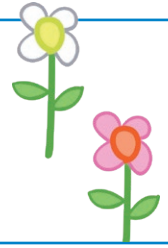
Gently feel the bark of a tree and notice if it is rough or smooth.

Take off your shoes and socks and feel the grass between your toes.



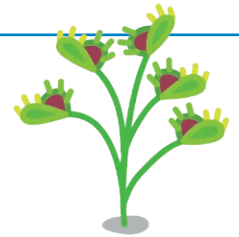
Shh! Listen closely – what can you hear? Can you hear birds? Cars? Planes? The wind through the trees? Other voices?

Look closely at a plant and notice all the colours that are part of it.



Take a deep breath in and notice how the air smells – can you smell any plants?

Find as many native plants as you can – can you see a kōwhai tree? A pōhutukawa?



Close your eyes and listen. Can you hear any native birds? Maybe the beautiful tunes of a tūi or the playful chirps of a piwakawaka?

