



Join Mindful Millie on a nature walk!

Tap into your senses and practice the skills you have learned from Millie.

This mindfulness activity will encourage you to tap into your senses. You can use your senses to become present and attune to your environment.

Start with a self-check. Breathe in slowly 1-2-3-4 pause, breathe out slowly 5-4-3-2-1. Calm your body and start from a place of stillness.

1. What do you hear? Can you hear the wind, bird song, leaves rustling, animals communicating?
2. What do you see? This list is endless. What do you notice about the different areas around you? Is it tall, rocky, flat? Is there water, flowers, bright colors?
3. What do you think nature tastes like? Don't try it yourself, leave the food for the animals! Do you notice things animals or insects could eat? (berries, leaves, honey....)
4. Can you touch nature? What does nature feel like? Can you find something rough, smooth, soft, hard? Are there any textures you have not noticed before?
5. What do you smell? Do you notice a camp fire? Do different areas of nature have different scents? How do the flowers differ in their smell?
6. I have a new sense for you to try! It's called intuition. It's also called your 6th sense. This is a sense that you can't see, touch, taste, smell or hear. This sense is more of a feeling that you get in your gut or inside of your body that lets you know if something you are experiencing is good or bad. Your 6th sense is unique to you and only you know how it feels. You can trust this feeling to guide you.

What did you notice that surprised you?

Did you notice anything about your body while you were using your senses?

See you again next time! Stay in contact at www.coachingwithdramandamorris.com