

# MINDFULNESS TRAIL



**Begin the trail here...**

**Follow the path to each station and enjoy each mindful activity together.**



# MINDFULNESS TRAIL



*“Adopt the pace of nature:  
her secret is patience.”*

Ralph Waldo Emerson



# MINDFULNESS TRAIL



## Listen

**Be as still as a statue.  
and quiet as a mouse.**

**What sounds can you hear?**



# MINDFULNESS TRAIL



*“The earth has its music  
for those who will listen.”*

George Santayana



# MINDFULNESS TRAIL



## Wind



Can you feel the wind today?  
What things can you see  
moving in the wind?

Put your feather on your hand.  
Can you take a big, deep breath  
and blow it away?



# MINDFULNESS TRAIL



## Stones

Choose a stone to hold. Is it heavy or light? Warm or cold? Smooth or rough? Can you make a tower of stones, carefully balancing one on top of another?



# MINDFULNESS TRAIL



## Tree

Have you ever hugged a tree? It might sound silly, but hugging trees can help us feel happy and calm. Why not give it a try? Choose a tree and give it a hug! How do you feel?



# MINDFULNESS TRAIL



*“Allow nature’s peace to flow into you, as sunshine flows into trees.”*

John Muir



# MINDFULNESS TRAIL



## Leaf



How many different kinds of leaves can you see? What does each one feel like? (Beware of prickles and nettles!) Can you find a leaf on the ground and add it to the leaf picture?



# MINDFULNESS TRAIL



*“Nature does not hurry, yet everything is accomplished.”*

*Lao Tzu*



# MINDFULNESS TRAIL



## Calm

Find the music tree and use a stick to gently tap the wind chimes.  
Listen to their calming sound.



# MINDFULNESS TRAIL



## Flowers

How many different flowers can you see?  
Sometimes we say thank you with flowers.  
What are you thankful for today?

Add a petal to the gratitude flower to  
say thank you for something or someone.

