



## Nature Play

Senses, often underused, such as sound, can heighten a sense of awareness and promote mindfulness.

This can be especially true in an unfamiliar environment, including walking through the countryside with family or a coach.

Step	Sounds
1	Pause and listen
2	What can you hear that is nearby?
3	What can you hear that is far away?
4	What is the loudest sound?
5	What is the quietest sound?
6	Can you walk without making a noise

What could you hear?

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After the exercise how relaxed are you feeling on a scale of 1-10 and why?

1      2      3      4      5      6      7      8      9      10

What perspectives have you been thinking about?

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