

WELCOME TO FIVE RIVERS METROPARKS'

# MINDFULNESS WALKS

The simple breathing and meditation activities on this trail are designed to help you de-stress in nature. Try one (or all!) of them and note how you feel before – and after.

Research shows that just 20 minutes a day in nature has a variety of physical and mental health benefits.

To get the most out of your walk today,

- Focus on the journey rather than the destination.
  - Connect to your five senses.
  - Practice mindful breathing.

Five Rivers MetroParks is thankful for the input from Dayton Children's Hospital and Montgomery County Alcohol, Drug Addiction & Mental Health Services in our development of these activities.

[METROPARKS.ORG/MINDFUL](https://www.montgomerycountyparks.org/mindful)

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# MINDFULNESS WALKS

## *Celebrate Your Senses*

*Breathe deeply.*

...

*There are no right  
or wrong answers.  
Just be present.*

...

Look around:  
What are five  
things you see?

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# MINDFULNESS WALKS

## *Celebrate Your Senses*

*Breathe deeply.*

...

*There are no right  
or wrong answers.  
Just be present.*

...

Reach out:  
What are four things  
you can touch?

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# MINDFULNESS WALKS

## *Celebrate Your Senses*

*Breathe deeply.*

...

*There are no right  
or wrong answers.  
Just be present.*

...

Listen:  
What are three  
things you hear?

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# MINDFULNESS WALKS

## *Celebrate Your Senses*

*Breathe deeply.*

...

*There are no right  
or wrong answers.  
Just be present.*

...

Take a deep breath in:  
What are two  
things you smell?

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# MINDFULNESS WALKS

## *Celebrate Your Senses*

*Breathe deeply.*

...

*There are no right  
or wrong answers.  
Just be present.*

...

Take a deep breath in:  
What's one thing you taste?

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# MINDFULNESS WALKS

## *Have You Ever Watched the Clouds?*

Take a deep breath and stand tall or lay down in the grass.

Watch the clouds make shapes in the sky.

Slowly breathe in through your nose while counting 1, 2, 3 ...

Slowly breathe out through your mouth while counting 1, 2, 3 ...

Continue slowly breathing in and out.

Look up at the sky.

What shapes do you see in the clouds?

Slowly breathe in, hold for 1, 2, 3 ... and breathe out.

...

Repeat for a few slow, deep breaths.

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# MINDFULNESS WALKS

## *Be Present*

Notice the here and now.

Slowly breathe in through your nose.

Slowly breathe out as if you were blowing out a candle.

Close your eyes for a few seconds.

What do you hear?

Hold up a finger for each new sound you hear.

...

How many fingers do you have up?

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# MINDFULNESS WALKS

## *Do-Nothing Moment*

*Does it feel like there's always something  
you're supposed to be doing?*

*Places you must go and lots of things to do,  
and everyone seems to be in a hurry?*

*Even now during this walk, do you feel you have to  
reach the destination by a certain time?*

*Well, for this moment, there is nothing you  
must do except breathe.*

...

Slowly breathe in 1, 2, 3 ... and slowly breathe out 1, 2, 3 ...

Close your eyes for a few seconds.

Slowly breathe in through your nose.

Slowly breathe out through your mouth.

Continue slowly breathing in and out a few times.

...

This is your do-nothing moment.

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# MINDFULNESS WALKS

## *Get Your Grumpies Out*

Can you make a grumpy face? I bet you can.  
Make a really grumpy face. Make a sad or an angry face.

Maybe you feel a little grumpy, sad or angry today.

That's okay – no judgement.

Now, take a big, deep breath in through your nose.  
Breathe out through your mouth, pretending to blow all  
those bad feelings away through a drinking straw.

Do it again, just in case they didn't all go away.

Stand or sit up tall, maybe smile a little.

Take another long breath in and breathe all the air out.

Slowly breathe in, then breathe out.

...

How are you feeling?

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# MINDFULNESS WALKS

## *Listen with All of Your Senses*

Slowly take a long breath in – then slowly let it all out.

Listen: What do you hear?

Close your eyes. Really focus on listening for a minute.

Slowly breathe in, and slowly breathe out.

What sounds are around you?

If you listen even closer, what do you hear?

...

Slowly breathe in, and slowly breathe out.

Take another breath in and let it all the way out.

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# MINDFULNESS WALKS

## *Appreciate Yourself*

Have you complimented yourself today?

If not, try one out.

Create your own self-compliment or try one of these.

...

*"I'm doing great!"*

*"I make a difference!"*

*"It was really kind when I ....."*

*"I am loved."*

...

Slowly breathe in through your nose,  
and slowly breathe out through your mouth.

Repeat a few times.

Appreciate yourself.

Compliment yourself like you would a friend.

Find joy.

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# MINDFULNESS WALKS

## *Tune In*

Focus on your feet.

Feel the softness or firmness of the ground.

Is it rough or slick?

Use your hands to feel the bark of a tree,  
cool water, rocks or the ground.

What do these things feel like?

...

Use your ears to listen: What do you hear?

Animals, wind, leaves, insects buzzing?

...

Use your eyes: What do you see?

Colors, light, shadows?

Slowly breathe in, slowly breathe out.

...

Use your nose: What do you smell?

Fragrant flowers, soil, leaves, fresh-cut grass?

Slowly breathe in, and slowly breathe out.

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# MINDFULNESS WALKS

## *Share Kindness with Others*

Think of something kind you've done for someone else.  
Maybe you helped someone in your family  
or someone at work, school or in your community.



Think of something kind that someone  
else has done for you.  
How did it make you feel?



Now, think of something kind that you haven't done yet,  
but that you will the next time you have the chance.

Slowly take a deep breath in,  
and slowly breathe out while you think.

Is there someone you could help?

Someone with whom you could share some kind words?



Try to remember to do that kind thing when you can.  
Share kindness. Find joy.

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# MINDFULNESS WALKS

## *Imagine You're a Tree*

Imagine you have roots growing into the earth, holding your trunk steady and strong. Slowly breathe in, and slowly breathe out.

Your branches reach up high.

You can be any kind of tree you want. Reach a little higher to make your tree taller.

...

Decide what color leaves you have, what your branches look like, and imagine your whole tree.

Slowly breathe in, and slowly breathe out.

...

Remember your tree has strong roots that hold you safely in the ground, strong branches that reach up toward the sky. Slowly breathe in, and slowly breathe out a few times.

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# MINDFULNESS WALKS

## Take 5

Slowly breathe in through your nose and count

1 ... 2 ... 3 ... 4 ... 5

Slowly breathe out through your mouth and count

1 ... 2 ... 3 ... 4 ... 5

Repeat this a few times.

Take slow, deep breaths in through your nose.

Breathe out through your mouth  
as if you were blowing out a candle.

...

*This is a great activity to feel calm and peaceful.*

*You can do this activity any time  
and any place for a quick break.*

*Whenever you feel overwhelmed,  
anxious, mad or upset  
remember to "Take 5."*

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# MINDFULNESS WALKS

## *Today I'm Going to Be ...*

Think about how you want the rest of your day to go.

Pick a word to finish this sentence in your mind:

*"Today, I'm going to be ..."*

Slowly breathe in, and slowly  
breathe out while you think about it.

Choose a positive word that you'd  
like to finish the sentence,  
such as friendly, kind, helpful,  
present, considerate, caring or active.

Remember your word.

...

Do your best to make it happen.

If you want, say it out loud or tell someone your word.

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# MINDFULNESS WALKS

## *Let Your Mind Flow*

Relax here near the water.

Let your mind flow with the water.

Slowly breathe in through your nose.

Slowly breathe out through your mouth.

Repeat a few times.

Let the thoughts flow by.

No judgement, no right or wrong,

just let your mind flow.

...

Try it for 10 minutes.

Repeat slowly breathing in and  
slowly breathing out a few times.

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# MINDFULNESS WALKS

## *Stop, Look and Look Again*

Find something positive to say  
about the scene in front of you.

Look again.

There is always something positive  
to find if you look hard enough.

...

Smile. Find joy.

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# MINDFULNESS WALKS

## *Candle Breathing*

Stand up tall.

Imagine you found a flower. Inhale its scent.

Pretend there is a candle in front of you.

Softly blow on the flame to make it flicker but not go out.

Breathe in, smelling the flower.

Slowly breathe out, blowing on the candle.

Repeat this a few times.

...

Finally, take a big breath in, then a short,  
quick exhale to blow out the candle.

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# MINDFULNESS WALKS

## *Joy in Gratitude*

Gratitude is one way to take a few minutes to be present.

You don't need to save it for the big stuff.

There's more than enough gratitude to go around.

Find joy in the small things, too. Be glad.

List three things you are grateful

for in the present moment.

...

If you'd like, try saying them out loud or to yourself.

Or tell someone the things that make you grateful.

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