

2 Mindful gratitude walk

Core Mindfulness Practice **Poster 3**

Pupils practise walking slowly, sending a message of gratitude with each step.

Intention: Pupils connect with their body and consciously send thanks for the good things in their lives.



SEL competency: Relationship skills Express concern or show compassion for someone by helping them

Duration: 3–5 minutes

Materials: Use **Poster 3** for visual support

Key words: *appreciation, care, compassion, earth, ground, heel, step, toe, weight*

Instructions:

Prepare

- 1 You may want to pre-teach the key words for this activity.
- 2 You will need some space for pupils to walk around. Either draw a line for a start and finish, or allow pupils to walk around in a circle, depending on the space you have. You may want to demonstrate first how to move slowly.
- 3 Introduce the practice: *We're going to do an activity to explore appreciation and compassion.*

Practise

- 4 Explain what you want pupils to do: *Stand with your feet on the floor, hands by your side. Take a moment to notice how your feet feel touching the floor. Perhaps you can feel your shoes pushing on your feet?*
- 5 Continue: *Now notice your breathing.* Give pupils 15–20 seconds to follow the breath in and out.
- 6 Say: *In a moment, we're going to start walking, but this is a special walk. We're not trying to get anywhere, we're just going to walk very slowly and notice all the sensations in our feet as we move.* Depending on the

space you have, allow pupils to either cross from one line to another 5+ meters apart or move round in a circle, keeping aware of those around them.

- 7 Continue: *When you're ready, slowly lift your right foot and put it on the ground, first your heel and then your toes. Now the left foot. Keep feeling how the foot feels in the air, on the ground, the change of weight from one side to the other. Can you go even slower?* Use **Poster 3** for visual support.
- 8 While pupils keep walking, invite them to consider the following: *Now when you step, imagine sending love to the planet or to someone who needs it. Maybe you're sending a hug to your family, your friend or your pet. Or maybe it's for nature - for the rivers, trees and seas that need our care. Just send your love and care with each slow step.*
- 9 Let pupils practise this for one to two minutes, reminding them as they move to keep noticing sensations of moving and to allow the walk to be slow.

Reflect

- 10 Then invite pupils to give feedback to the group: *What did you notice about moving slowly and feeling your feet on the floor? How do you normally move? How did it make you feel to be slow?*
Pupils may feel emotional, so only invite them to share if they feel happy to: *Who or what did you send a hug to? How did that feel? Is there anything else you noticed?*
- 11 Bring the practice to a close: *Slowing down can help us feel more connected to our planet earth and to others. We can send our love to whoever needs it.*

Walking slowly helps us connect to our beautiful planet and everyone who lives here.