

SCORE CARD

Transfer your scores from inside the booklet to this page.

LISTEN: # _____

LOOK: # _____

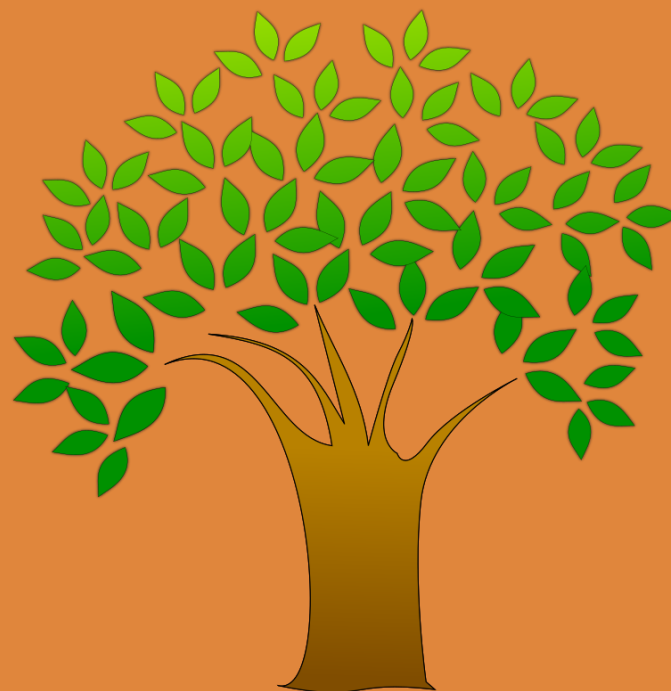
MOVE: # _____

SMELL: # _____

SENSE: # _____

Total: # _____

Total Breaths: # _____



Mindful Nature



University of California

Agriculture and Natural Resources

4-H Youth Development Program

WALKING MEDITATION

Walk slowly and calmly. Feel your feet touch the ground and the air fill your lungs. Count your breaths.

1. Standing

Begin by simply standing. Be aware of your weight being transferred through the soles of your feet into the earth. Being aware of all of the subtle movements that go on in order to keep us balanced and upright.

2. Walking

Begin to walk at a fairly slow but normal walking pace. Do not change the way that you walk; simply be aware of it. Pay attention to the soles of your feet, being aware of the alternating patterns of contact and release; being aware of your foot as the heel first makes contact, as your foot rolls forward onto the ball, and then lifts and travels through the air. Be aware of all the different sensations in your feet, not just a contact in the soles of your feet but the contact between the toes, the feeling of the inside of your shoes, the fabric of your socks, and let your feet be as relaxed as you can.

3. Breath Awareness

Then slowly transfer your awareness up your body and into your lungs. Feel the air come in and out. Count your breaths slowly as a mantra as you continue walking.

Total Breathes:

2

SENSE

What is the object on your skin?

- 2 pt
1. _____
 2. _____
 3. _____
 4. _____
 5. _____



Total:

7

SMELL

Smell each canister. What do you think it is?

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

2 pt



Total:

6

LISTEN

Sit for 5 minutes in silence. List everything that you heard. Award yourself 1 point if someone else also heard it, and 2 points if no one else did.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

1 pt 2 pt

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Total:

3

LOOK

List everything that you saw that seemed out of place.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

1 pt

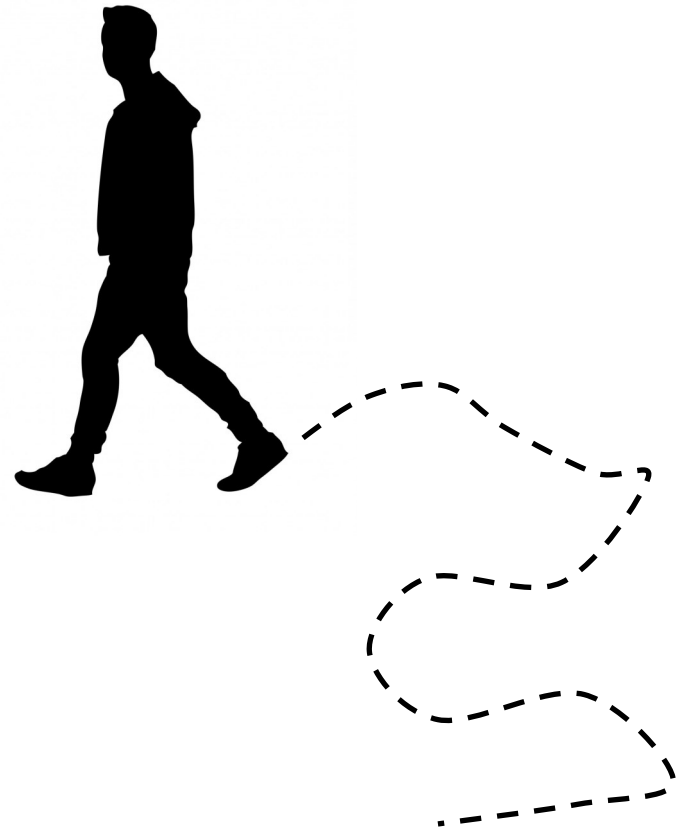


Total:

4

MOVE

Close your eyes. Your partner will guide you away in a zig-zag manner. Find your way back to "start". 5 points if you make it within 5 feet. 10 points if you make it within 1 foot.



5/10 pt

Total:

5