



USE WITH:

Individual students, small group, or whole class



GRADE LEVEL:

Upper elementary, middle school, or high school



CONTEXT:

Remote friendly

EDUCATOR PRACTICE

Take a Mindful Walk

Cultivate present moment awareness by tuning in to your body and your surroundings.

Created by [Greater Good Science Center at UC Berkeley](#)

Description:

Walking meditation can heighten your awareness of your senses and your environment, helping you to focus and respond more intentionally at school and at home.

Est. time to complete:
15 minutes

Steps:

1. Take a few deep breaths and settle into a quiet mental space for reflection.
2. Find a location. Pick a spot that allows you to walk back and forth for 10-15 paces—a place that's relatively peaceful, where you won't be disturbed or even observed. This spot can be either indoors or outside in nature.
3. Start your steps. Walk 10-15 small, slow steps and then pause and breathe for as long as you like. When you're ready, turn and walk back in the opposite direction to the other end, where you can pause and breathe again. Then, when you're ready, turn once more and continue with the walk.
4. Notice. Try to notice at least these basic components of each step: the lifting of one foot; the motion of that foot forward from where you're standing; the placement of that foot on the floor, heel first; the shifting of your weight onto your front leg as the back heel lifts while the toes of that foot remain touching the floor or the ground.

5. Focus your attention. As you walk, try to focus your attention on one or more sensations that you would normally take for granted, such as your breath coming in and out of your body; the movement of your feet and legs, or their contact with the ground or floor; your head balanced on your neck and shoulders; sounds nearby or those caused by the movement of your body; or whatever your eyes take in as they focus on the world in front of you.
6. No matter how much you try to fix your attention on any of these sensations, your mind will inevitably wander. That's OK—it's perfectly natural. When you notice your mind wandering, simply try again to focus it on one of those sensations.

Tips for Educators:

- At school, much of your time may be spent rushing. Preoccupied with your next activity or class, you may not really notice what you're doing in the present moment. As you increase your sensory and mental awareness, mindfulness can help you to navigate your thoughts, feelings, and behaviors at school and at home so that you can ultimately respond more intentionally to others. Teachers who practice mindfulness report reduced interpersonal problems and more emotionally supportive relationships with the students in their classrooms.

Inspired by:

1. Kabat-Zinn, J. (2017). Walking meditations. *Mindfulness*, 8, 249–250. <https://doi.org/10.1007/s12671-016-0638-1>