



Meditative Walk with Young Children

Tame the excitement by whispering and asking students to be very quiet and when it's their turn to "be" something they can whisper to the group what we'll all "be".

Lining up behind one another, tell the children that you will begin by whispering out a few things that we'll "be", and assure them that they'll each get a turn to call out a suggestion (if numbers/time allows). Start with examples such as "Pretend we're giants, how do giants walk?"

After they have had a turn, ask the children to walk like themselves, pointing out that everyone has their own walk, and asking them to look at their feet and notice how their arms and legs move as they walk.

Ask the children to coordinate their breath with movement. Breath in with one step, breath out with the next. Point out the heel of the foot, the ball of the foot, asking them to notice how they shift and how the body balances with each shift, slowly walking. Then guide them to move their noticing outward to things they see in nature as they walk, reminding them to be silent for a few more minutes, then they can talk about it when the walk is over.