

Mindful Walking



Purpose:

The practise of mindfulness has many benefits including the ability to support parents in their efforts to develop contingent and thoughtful rather than reactive ways of responding to their children.

This activity is designed to create opportunities for parents, carers and children to practice being mindfully present together.



Who might use this:

Parents and Carers might use this activity to build a regular practice of mindfulness. They might also introduce it for use together with children. The benefits of mindfulness extend to children also!



Getting started:

Mindful Walking is one way of enabling parents and carers, along with their children, to be more present in their body and in the present moment.

Life is busy, and at times hectic and stressful. So much of the time we are caught up in our intellectual worlds — thinking of the past or future, planning, imagining...

By intentionally paying attention as you walk with you find opportunities to enjoy simply being alive and connecting with your environment and those within it.

Look for opportunities to pay attention with flexibility, openness and curiosity.





Mindful breath walking:

A simple mindful walking practice is just to breathe in while taking a step with the left foot and breathe out when taking a step with the right foot. Focussing on the breath reminds our brains to stay in the present moment.

Mindful Walking can be done very slowly or at a normal walking pace. It's simply a matter of synchronising breath and footstep.

Before you start walking it is a good idea to stand quietly and focus on your breathing for 3 breaths and then commence your mindful walking practice.



Follow the leader walking:

A simple variation for use with children is to incorporate the old children's game 'follow the leader'. Together with your child you can connect with your breathing and then take turns to co-ordinate your movements with openness and curiosity.

Can you hop in synchronisation? Walk as though on a tight rope? Can you breathe in together as you walk with wide or long steps?

Walking this way can not only introduce mindfulness to your time together, but should also create opportunities for connection, fun and laughter.