

Name _____

Date _____

mindfulness series

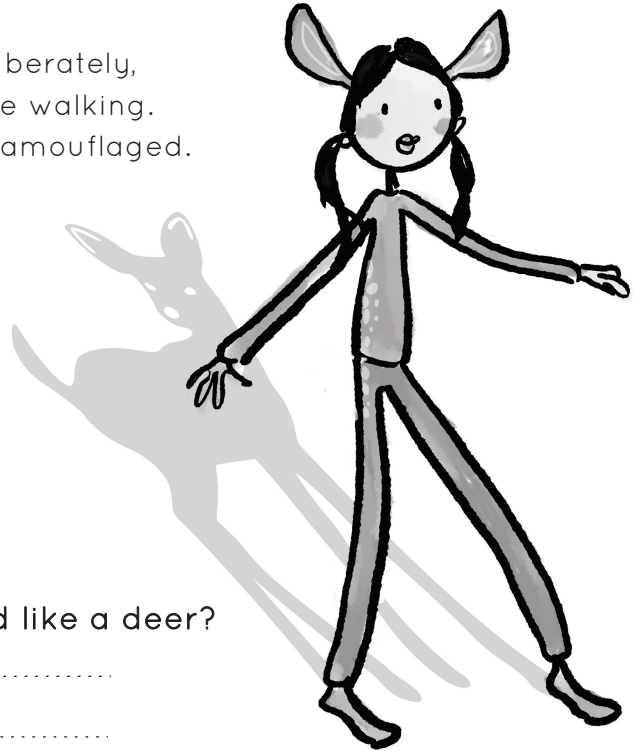
MINDFUL MOVEMENT

Walk like a deer to become more aware of how you move.

Sometimes when we want to be mindful we are still.

We can also be mindful when we move.

Practice walking like a deer. Move slowly and deliberately, with purpose, and pay attention to where you are walking. Practice pausing in stillness, as though you are camouflaged.



1. What does it feel like to walk like a deer?

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2. What does it feel like to be still/camouflaged like a deer?

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3. Describe a time when you can walk mindfully.

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4. Describe a time when you can use stillness or camouflage.

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MINDFUL MOVEMENT

Select another animal. Practice walking and being still like this animal.

Draw yourself walking like this animal in the space below.

What does it feel like to be still? What does it feel like to move?

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