



Mindful Moments

How to Turn your Stroll around the
Neighbourhood into a Mindful
Experience

eccdc

early childhood community development centre

Step 1

Dress for the weather. You will want to be comfortable so your mind can relax.





Step 2

Focus on the sounds you hear. Birds chirping, the breeze through the trees, squirrels chattering...

Step 3

Focus on what you can feel. The sun on your face, the wind in your hair, the squish of mud under your feet...



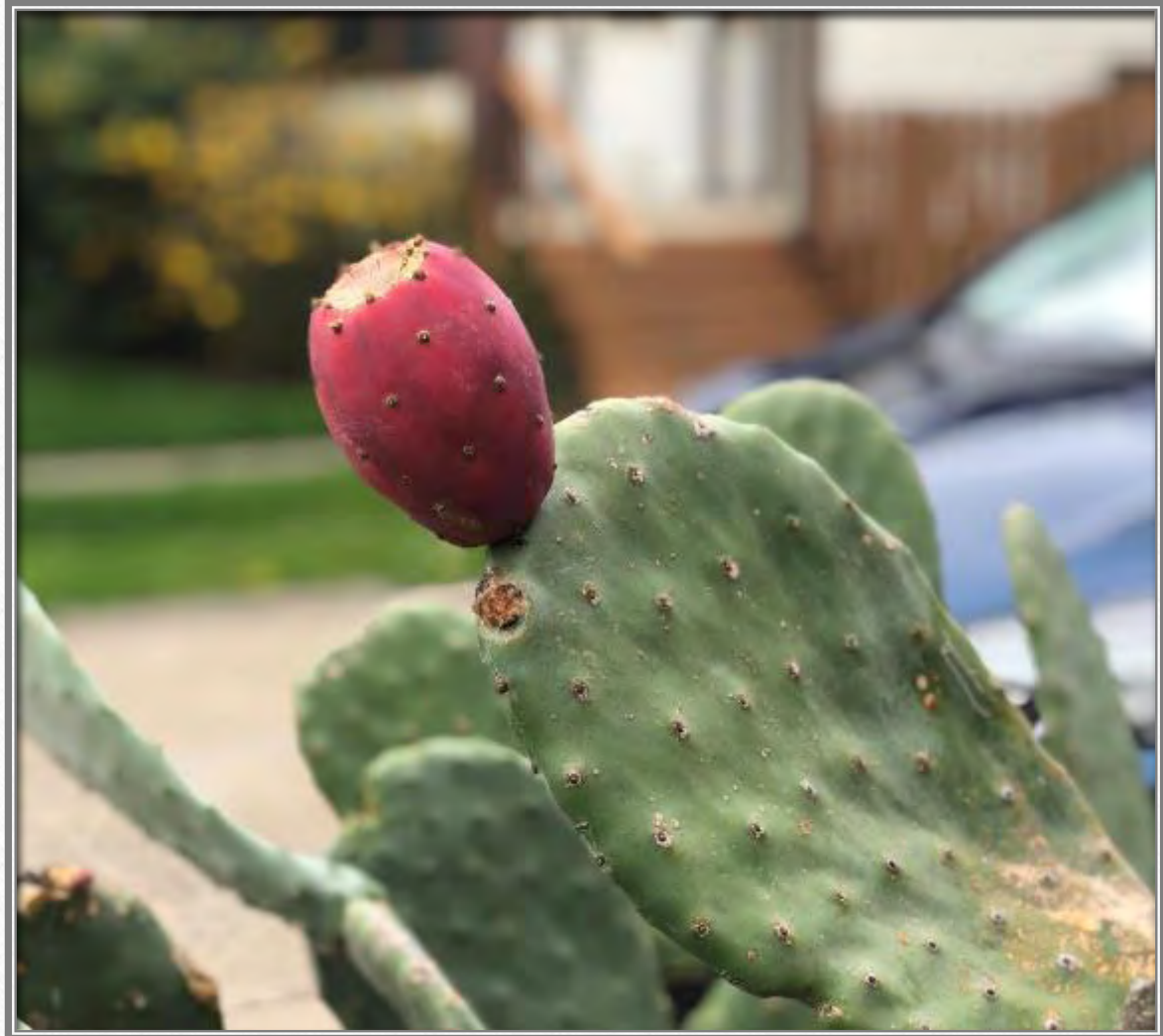
The background of the slide is a close-up photograph of purple flowers, likely grape hyacinths, with bright green leaves. The flowers are in various stages of bloom, and the leaves are vibrant and healthy. The overall scene is bright and natural.

Step 4

Focus on your surroundings. What is different ? Are there new plants in bloom? A new bird nest in a tree?

Step 5

Experience the moment. Take a few deep breaths, capture a photo, let the sun warm your face...





Step 6

Reflect on your walk and share your
Mindful Moments with us!

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