SCORE CARD
Transfer your scores from inside the booklet to this page.

LISTEN: # _____
LOOK: # _____
MOVE: # _____
SMELL: # _____
SENSE: # _____

Total: #_____

Total Breaths: #_____

Mindful Nature Challenge
Walk slowly and calmly. Feel your feet touch the ground and the air fill your lungs. Count your breaths.

1. Standing

Begin by simply standing. Be aware of your weight being transferred through the soles of your feet into the earth. Being aware of all of the subtle movements that go on in order to keep us balanced and upright.

2. Walking

Begin to walk at a fairly slow but normal walking pace. Do not change the way that you walk; simply be aware of it. Pay attention to the soles of your feet, being aware of the alternating patterns of contact and release; being aware of your foot as the heel first makes contact, as your foot rolls forward onto the ball, and then lifts and travels through the air. Be aware of all the different sensations in your feet, not just a contact in the soles of your feet but the contact between the toes, the feeling of the inside of your shoes, the fabric of your socks, and let your feet be as relaxed as you can.

3. Breath Awareness

Then slowly transfer your awareness up your body and into your lungs. Feel the air come in and out. Count your breaths slowly as a mantra as you continue walking.

Total Breathes: [ ]
SMELL

Smell each canister. What do you think it is?

1. ______________________
2. ______________________
3. ______________________
4. ______________________
5. ______________________

Total: □

LISTEN

Sit for 5 minutes in silence. List everything that you heard. Award yourself 1 point if someone else also heard it, and 2 points if no one else did.

1. ______________________
2. ______________________
3. ______________________
4. ______________________
5. ______________________
6. ______________________
7. ______________________
8. ______________________
9. ______________________
10. ______________________
11. ______________________
12. ______________________
13. ______________________
14. ______________________
15. ______________________

Total: □ □

Adapted from wildmind.org
LOOK

List everything that you saw that seemed out of place.

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________
5. ____________________________
6. ____________________________
7. ____________________________
8. ____________________________
9. ____________________________
10. ___________________________ 
11. ___________________________
12. ___________________________
13. ___________________________
14. ___________________________
15. ___________________________

Total: [ ]

MOVE

Close your eyes. Your partner will guide you away in a zig-zag manner. Find your way back to “start”. 5 points if you make it within 5 feet. 10 points if you make it within 1 foot.

Total: [ ]