

Big Pedal 2021

5-4-3-2-1 mindful journey



Go on a mindfulness journey by exploring and taking notice of your local area by using your senses.

Instructions

Find somewhere peaceful, this could be at the base of a tree, leaning against a wall, lying in the grass, sitting between the goal posts.

Once comfortable take time to connect to this magic sport by doing these **5** sensory finding tasks:

5 things you can see, look all around, look up to the sky, down at the ground, all around you.

Close your eyes and take a few deep breaths.

4 things you can touch around you without getting up.

3 things you can hear.

2 things you can smell.

1 focus on one thing you are feeling/thinking about.

Get up turn around and thank your magic spot for this mindfulness journey and reflect on the importance of taking the time to take notice of what is around you to relax.



What you'll need:

Just yourself

