



Big Pedal 2021

Amazingly mindful journeys

Secondary schools



Objectives

For students to take a mindfulness journey by exploring and taking notice of their local area by using their senses.

Session plan

Explore your local area, this can be a park or your school grounds. Encourage the students to find somewhere that they feel a connection to, away from other friends. This could be at the base of a tree, leaning against a wall, lying in the grass, sitting between the goal posts.

Ask them when in their spot to get comfortable: they can sit, stand, or lie down. Then to take their time and connect to their magic spot 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.

Open your eyes and readjust, take a few deep breaths in and out again. Get up turn around and thank your magic spot for this mindfulness journey.

Taken from

New activity. An adapted mindfulness journey focusing on senses from a Magic Spot exercise one of our Schools Officers has done during Forest school sessions.

Sustrans is a registered charity in England and Wales (number 326550) and Scotland (SC039263). © Sustrans 2021



Time needed
20-30 mins



Resources needed
None



Solo/Group activity
Solo

Big Pedal 2021

5-4-3-2-1 mindful exercise

Worksheet



Instructions

Explore your local area, this can be a park or your school grounds. On your walk take notice of your surroundings and find somewhere you feel a connection to. This could be at the base of a tree, leaning against a wall, lying in the grass, sitting between the goal posts.

When in your spot, get comfortable, you can sit, stand or lie down. Then take your time to relax and re-centre by connecting to your magic spot. To help with taking notice, think about grounding using 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.

Open your eyes and readjust, take a few deep breaths in and out again. 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. This can be a good exercise to do on your journey to school to start the day or on your journey from school to reflect and relax.

