

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.

