



EXPLORER'S GUIDE

MINDFULNESS

INTRODUCTION

Practicing **mindfulness** has been well documented to increase a sense of calmness, reduce stress in the body, boost cognition, and encourage a feeling of overall wellbeing.

Mindfulness is paying attention on purpose moment to moment and being patient with yourself when you become distracted.



Take a **gentle inhale**, a **slow exhale** and use the practices below.

OBSERVE & REFLECT

Practice 1: Superpower Senses

Find a spot in the garden to be quiet for a moment. What are 5 things you can see from where you are right now? / 4 sounds you can notice? / 3 things you can smell? / Without touching anything, can you notice 2 sensations on your skin? / What does the air taste like?

Practice 2: Wandering

Silence your phone and try exploring for about 10 minutes with no plan in mind and no destination.

Practice 3: Body Exhale

Find an open space or hidden spot where you feel safe. Squeeze your hand into a fist for a moment and release. Notice the sensations. Try tensing another part of your body and then relax. Stretch to make your body as open as possible.

Practice 4: Blissful Movement

Observe movement around you. If the leaves and creatures around you made a visible trail with their movement, what would the patterns look like? If the sculptures were suddenly in motion, how would they move? Can you move your body in the same way?

Practice 5: Thankful Noting

Bring to mind 5 things you are grateful for in your life or in this moment. If you are with others, share your thoughts with them.

Make up your own mindful practice! Take note of how you feel during and after your visit.