

BAREFOOT MOMENT

If it's safe, try walking barefoot on grass.

- How does it feel beneath your feet — cold, warm, soft, spiky?
- Does it tickle or feel grounding?
- Notice what comes up — and just breathe.

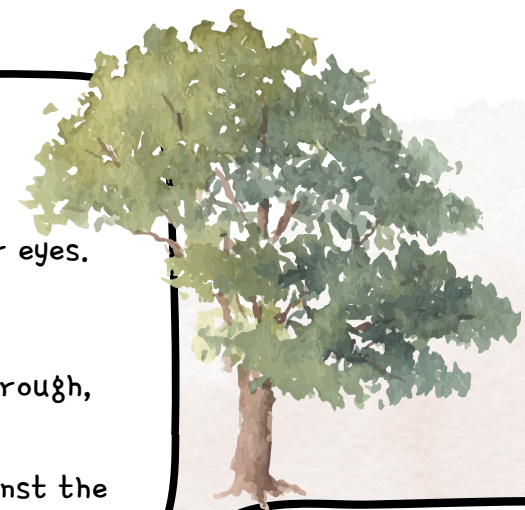


TREE TOUCH

Stand next to a tree and close your eyes.

- Run your hands along the bark.
- What textures do you feel — rough, smooth, bumpy?

Try rubbing a crayon on paper against the trunk to make a bark print!



PAUSE AND NOTICE

Take a moment to pause.

- Close your eyes (if safe).
- What do you hear? Birds? Wind? Laughter?
- What can you smell? What textures are around you?

Let your senses guide the moment.



YOUR MINDFUL MANTRA

Create a simple phrase to repeat while walking.

Examples:

- "I am safe."
- "Breathe in calm, breathe out stress."
- Take a deep breath, and say your mantra as you exhale.



MINDFUL WALKING COMPANION

A printable guide for your next calming walk — perfect for all ages.

Contact NIDAS for support against domestic abuse
call: 01623 683 250, email hello@nidas.org.uk or visit nidas.org.uk

