Mindfulness Hike

A mindfulness hike is a form of mindfulness that has been found to have health benefits for people. At camp we have incorporated “mindfulness hikes” as a time in which campers walk silently to focus on him or herself in nature. Being mindful can often mean taking time to make a special focus on the senses—sight, hearing, touch, smell, and taste. On a walk or hike this might mean paying attention to what you can see or hear through a park such as: interesting clouds, airplanes, birds flying by, the noise of a hummingbird’s wings, the color and smell of a flower, the feel of mist, a slight breeze or the feel of a person’s foot from heel to toe as it moves slowly across different types of surfaces.

We often stop on Mindfulness hikes to ask our campers about what types of things they are noticing as they walk quietly through the park, garden, beach, etc. We ask questions specific to their senses. They can be super impressive regarding the many varied things that they notice and attune to. Sometimes campers will also point out unique leaves, rocks, or aspects of the park.

Home Mindfulness Challenge: This summer for bonus points, campers can earn points for being mindful in a natural environment. This can be in an outdoor setting that fits for your family (park, beach, walk, patio, laying in the grass in the backyard, sitting by a fountain, etc.).