



The goal throughout this hike is to enjoy the experience! Pay attention to the present moment and the sensations that it offers us.

Throughout the hike you will be doing a lot of 'noticing.' We will start by noticing what is going on within ourselves so that when we notice what is going on outside of us, we can also notice how that impacts--or doesn't--inside us.



HIGH-FIVE: HIKING WITH THE SENSES

Hold out your hand in front of you. Starting with your thumb, trace your finger. As you move up the side of your thumb, take a breath in. As you move down, exhale. Do this again for the rest of your fingers, moving slowly and paying attention to how your breathing feels, and the sensation of your finger as it moves along your hand. Do you feel any different than you did before?

When you enter a new space throughout the hike, what are 5 things you see? 4 things you feel? 3 things you hear? 2 things you smell? 1 thing you taste?



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