

Using your five senses as you walk

Add your own ideas:

Sight - Pause to see the beauty around you—the symmetry and the wildness of nature as well as the things you commonly see. Look closely...then look even closer. Do you see an ant crawling on the ground when you bend over to tie a shoe? Do you see a bird sitting on the branch of a tree? Is that a leaf falling? How about the tallness or shortness of the trees around you? Is that fog or steam rising from the ground? Do you see neighbors? Are there others on your same path?

Hearing - Listen closely. Listen for the sounds of people as well as for the sounds of nature. What do you hear? Do you hear the breeze moving through the trees? What insects do you hear? Can you hear the crunch of snow under your feet or the splash of water as you walk through a puddle? Do you hear the sound of water—a wave crashing on the shore or maybe a babbling brook? Do you hear the sounds of children playing or dogs barking? Was that a plane overhead? Are the neighbors mowing their lawn?

Taste - What do you taste? Maybe you are drinking water as you walk. There's nothing better than the taste of cool water when you are hot and perspiring. Do you taste a snowflake as it falls or taste a handful of clean snow?

Smell - Can you smell anything? Maybe you smell the crisp air of the morning. Maybe a neighbor's backyard barbecue smells delicious. Perhaps you smell the ocean or a river. Maybe you smell the fragrance of a blooming tree or bush. Maybe you don't smell anything at all. That's a noticing in itself. Be ready for the next smell as you walk.

Touch - What do you feel? Can you feel the warmth of the sun on your skin? Do you feel the coolness of the air? Can you feel the strength of the wind on your body as you walk? Can you feel the bite of the wind on your face? What about the objects that you see? Have you touched any of them? What about the prickly surface of a pinecone or the hardness of a stick you picked up?