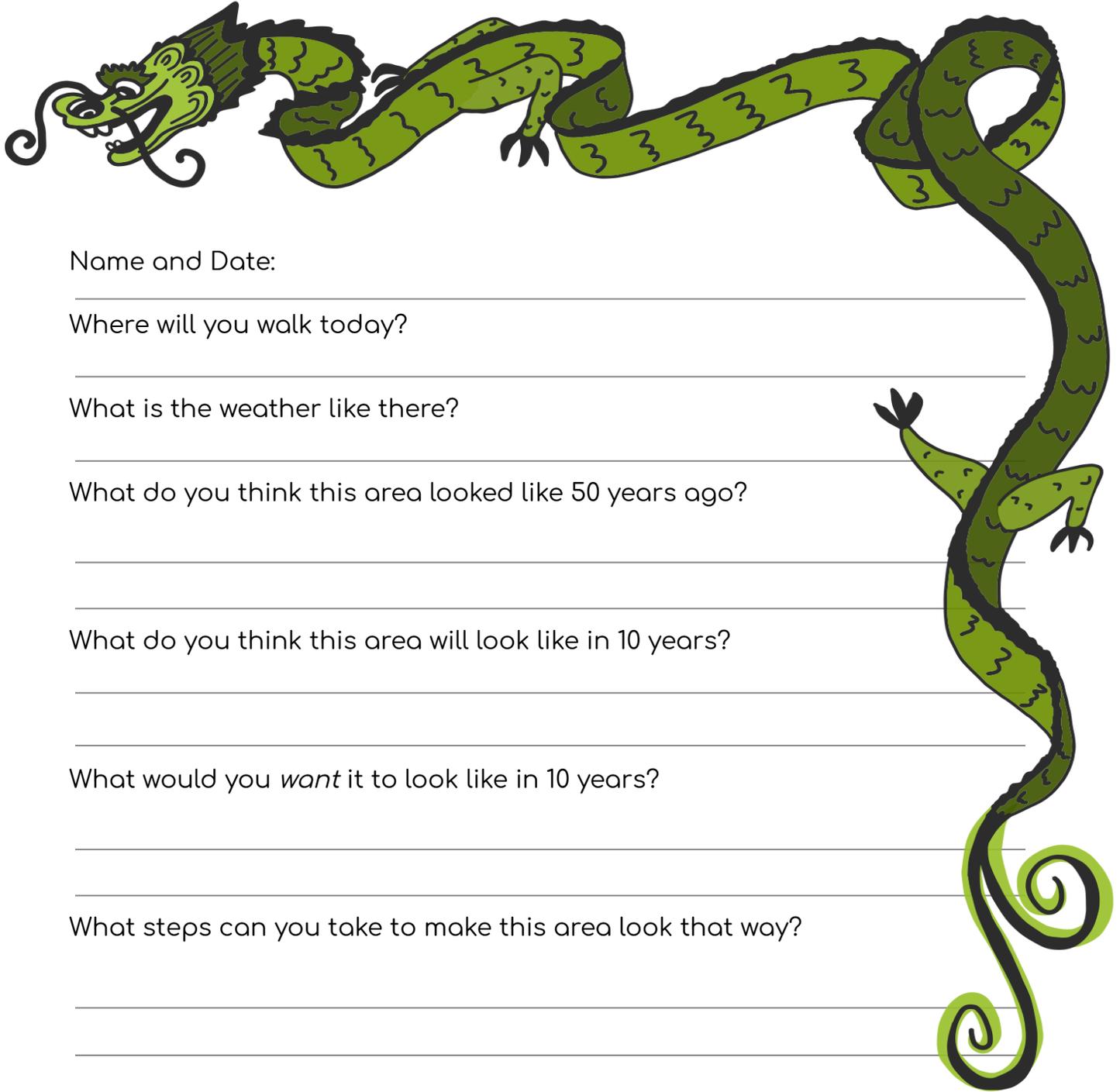




# Dragon Trails Workbook



Name and Date:

Where will you walk today?

What is the weather like there?

What do you think this area looked like 50 years ago?

What do you think this area will look like in 10 years?

What would you *want* it to look like in 10 years?

What steps can you take to make this area look that way?

# Mindfulness in the Outdoors



**Step 1:** Identify an outdoor space to take a walk through

**Step 2:** As you walk through the space, try to clear your mind and be present in the moment

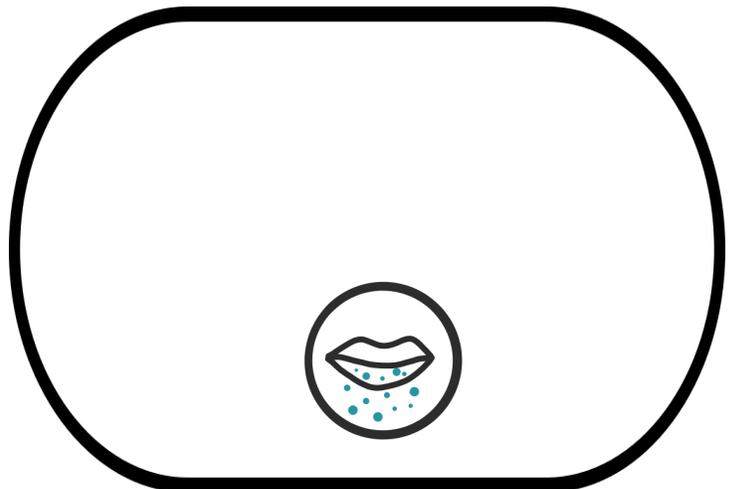
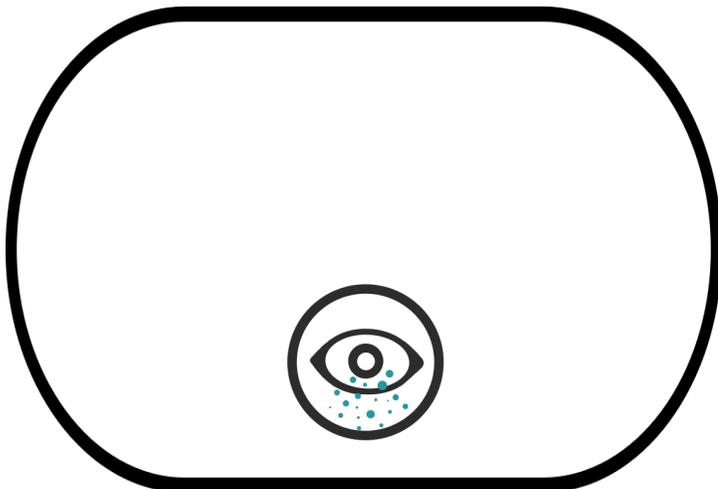
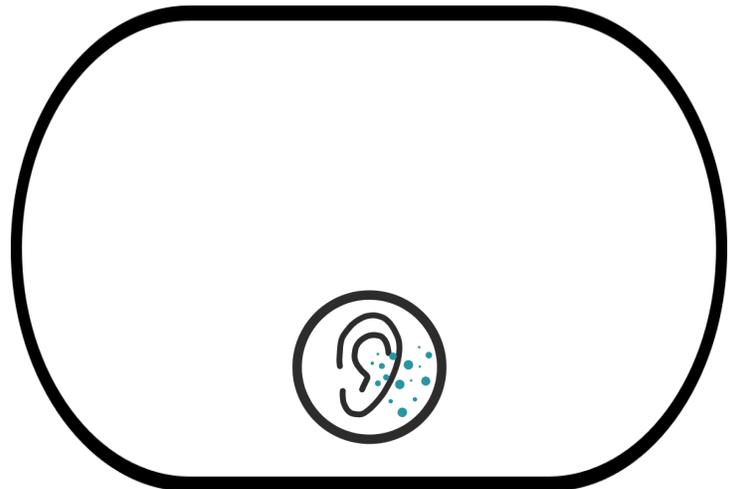
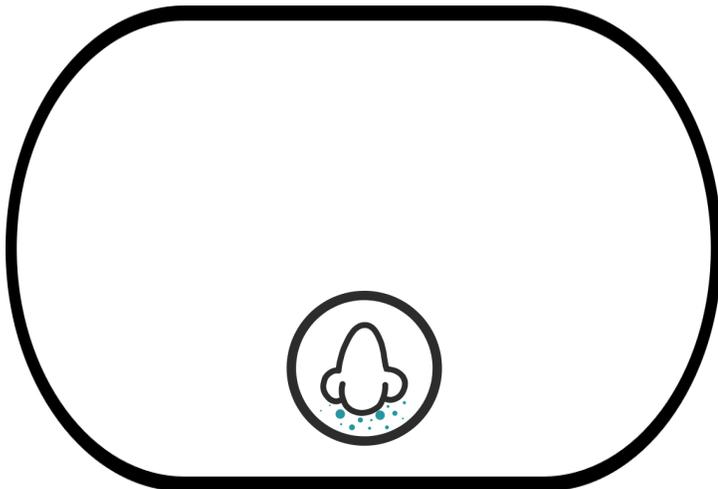
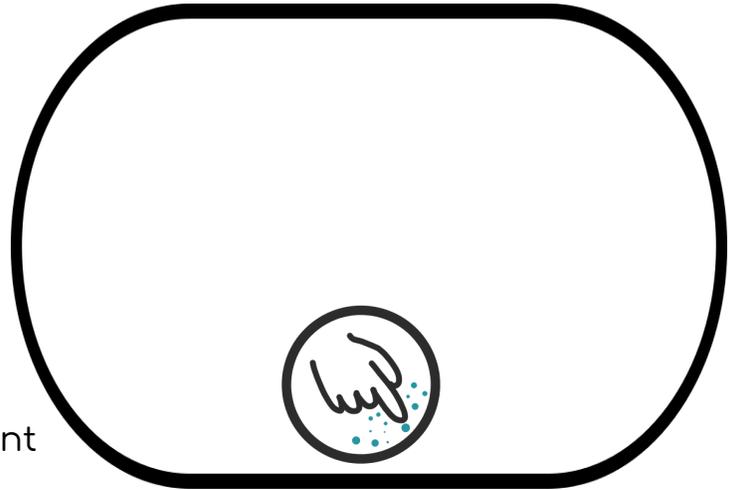
**Step 3:** Observe your surroundings

- What sounds do you hear?
- What do you see?
- Are there any animals around? What are they doing?
- Do you feel the sun or the wind on your face? Both?
- Make your own observations!

**Step 4:** Reflect on your mindful walk in the following pages

# Mindfulness & Using Your 5 Senses!

In this exercise, we want to use all of our senses to take in our surroundings. Once your walk is Complete, find a comfortable spot to sit and reflect. In the boxes provided, list or draw what you felt, smelled, heard, saw, and possibly tasted along your walk. \*A parent or chaperone is required for proper plant identification and tasting\*

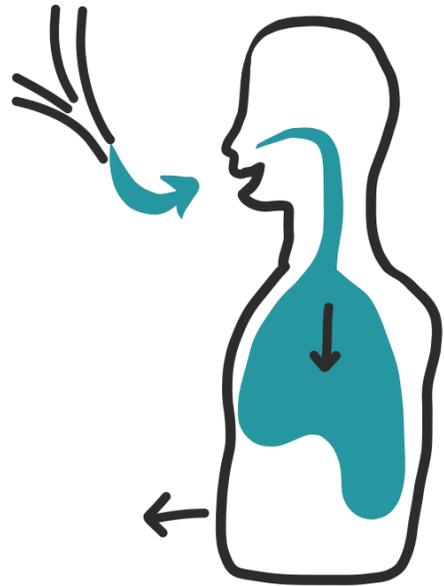


Take a moment now to practice mindful breathing!

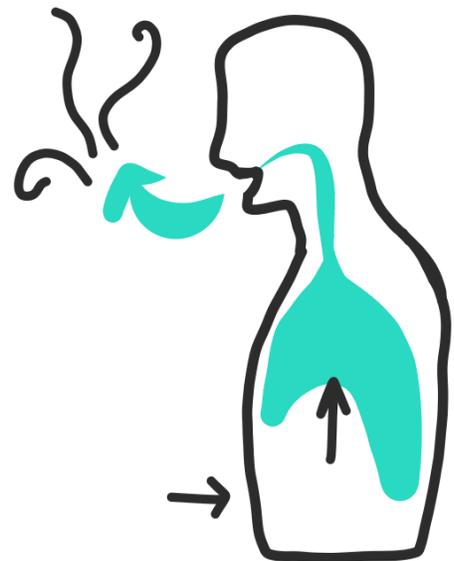
\*This template is meant to be updated based on the audience\*

# Mindful Breathing Technique

Inhale through your nose while pushing your belly outward, as if you were blowing up a huge balloon inside of you!



Exhale through your mouth while bringing your belly inward, as if you were deflating a full balloon inside of you!



Do this for a few moments.

## Mindfulness Tip:

Count or repeat a word or phrase to yourself as you inhale and exhale



# Drafting your outdoor space

Imagine that you are viewing the space where you walked from above. In the grid below, draw (approximately) where you would find the path, plants, animals, and anything else you would like to include.

Each square represents 1ft x 1ft.


Map Key:

# Student Self Assessment

Take a couple minutes to reflect on your experience and answer the following questions

1. What did you hope to achieve or gain from going on your walk?

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2. Write down one thing that you learned while on your walk that you're excited to share with others

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3. What activities might you want to try on a future walk?

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4. After going on your walk, do you feel more connected to the environment around you? Why or why not?

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