

## Mindful Walking

 Printable Activity

**Audience(s):** School Staff & Parents

**Hyperlink:** [Be Fit for Life](#)

### Description

Mindful Walking from Be Fit for Life provides four different walking meditations that you can use either independently or with your family. These meditations include Breath & Movement, The Senses, Connections, and Gratitude.

### Objective(s)

The four walking meditations are structured to support physical and mental health while engaging in physical activity. Some benefits from engaging in mindful walking include improvements in your mood, concentration, and cardiovascular fitness.

*Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to [dashbcresources@gmail.com](mailto:dashbcresources@gmail.com)*