



VIOLENCE FREE
MINNESOTA

THE COALITION TO END RELATIONSHIP ABUSE

Outdoor Mindfulness Exercise Script

Go outside and sit down on the ground, on a bench, or whatever works for the space you are in.

Close your eyes and take a few deep breaths. Place your attention on the sounds around you -- seeing if you can focus on the calls and movements of birds or any other natural sounds within earshot. Your attention will naturally dip back into your thoughts -- bring your focus back to the sounds every minute or two. When the timing feels right, move on to the next part.

Next, feel the sun on your skin -- your face, hands, arms or any place exposed to the sun. Keep your attention on all the parts of your body where you can feel the sun, reminding yourself that all the life and energy on earth comes from the power of the sun.

Feel the air moving across your skin. After doing this for a minute or two, concentrate on a specific part of your body where you can feel the wind -- it could be the tip of your nose, your hands or the back of your neck. Keep your attention in this specific place until you feel ready to move on to the next part.

Feel your body sitting on the earth. See if you can keep your attention focused on any part of your body that is touching the earth -- it could be your feet or the whole lower half of your body (if you are sitting on the ground). Really connect with the earth and feel the earth supporting you.

Next, connect with your breath. See if you can focus on your breath for 1-2 minutes, paying close attention to each inhalation and exhalation. Keep your focus on each breath while thinking of how the air passing in and out of your lungs comes from the trees.

End with a gratitude practice. Envision your favorite place or thing from the natural world. It could be a park, an animal or a tree -- whatever comes to mind. Once you have something in mind (it will take a moment or two), send thoughts of gratitude to this place or element of the natural world. Fully appreciate this place or creature. Remember how special it is to have this creature or part of the natural world in your life.