

I BIKE

MINDFULNESS WALK



30 MINS



PENCIL

Listening walk

Aim: To practice our listening and attention skills in order to observe and appreciate the natural world

Instructions: During your local exercise, walk for a set length of time (~5 mins) in complete silence to help focus your sense of listening on the sounds around you. Try to see if you can hear any of the sounds below and tick them off if you do. Repeat your silent walking a number of times in order to practice your mindful listening and to calm your mind.

CAN YOU HEAR....

BIRD TWEETING



DOG BARKING



BEE BUZZING



CARS DRIVING



LEAVES RUSTLING



PHONE RINGING



LAUGHTER



WIND



TWIGS SNAPPING



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Make sure you get permission first!

Funded by Scottish Government and delivered by Sustrans in partnership with local authorities, I Bike promotes cycling, walking and scooting in schools. I Bike encourages exercise and reduces congestion by empowering teachers, parents and pupils to travel actively, safely and confidently to school.

Find out more at www.ibike.sustrans.org.uk