

Thankful with Every step

By: Mindfulness Games Activity Cards, by Susan Kaiser Greenland

First determine what path you will take in walking; either inside, or outside. Then take 3 really deep breaths, feel your body relax as you take each breath. When you begin walking, walk really slowly. ***Feel your feet touch the ground/floor in each step.*** Keep your gaze downward to make it easier to concentrate. Every time you step, you'll think of someone or something in your life you appreciate, and silently say thank you.

Now go ahead, begin walking and think of someone in your life you appreciate. Imagine they're standing close to you and silently say thank you or I'm so happy you are in my life to this person every time you take a step. This time as you continue walking think of something in your life you appreciate. It can be anything at all. As you imagine this thing you're thankful for, silently say thank you everytime you take a step.

Then stop walking, really pause in the moment, and take 3 more deep breaths. Give yourself a hug; giving thanks, and loving kindness to yourself.

My wish for you today: May you take one...step....at....a.....time. Remember your feet keep you grounded and balanced. You are STRONG. Together, all of our steps make a difference to bring loving kindness to ourselves and others.