



Outdoor Meditation Using Senses

What Participants Do

Spend time outdoors focusing on different senses in a meditation exercise to help relieve stress and practice mindfulness.

Division(s): Primary, Junior, Intermediate, Secondary

Subject: Health

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Materials

- None

Location:

Yard, Local Green Space, Inside,
At a window, Balcony

Description

Sit in a comfortable position outside or in your home, and spend time focusing on your five senses (smell, sight, hearing, touch, taste). Try to notice every detail you can about each sense and ask yourself some questions about them. Don't answer out loud; simply think to yourself.

EXAMPLES:

Smell: where is each scent coming from? Which scents are your favourite? Do any mix together? Which ones are from nature and which are from human-made sources?

Touch: where do you feel the most pressure on your body? Is it cold/warm? Do you feel wind? Where is the wind moving to/from?

Taste: can you taste moisture in the air or is it dry? Are there other things you can taste?

Sight: How many colours can you see? How many textures do you notice?

Hearing: Which sounds are the loudest, which are closest? Are any sounds moving? What kinds of animal or nature sounds can you hear?

Start with one sense and focus intently on that one before moving to another. Be slow and focused. When you've gone through each sense, try to put them all together and live in a moment of mindfulness and appreciation of the world around you.

Try your moments of mindfulness with eyes closed and eyes open.

For more guidance and other things to consider, refer to the website link, in '**Resources**' below.

Follow up & Things to Think About

As an added option, write or draw in a journal what you notice or feel, each time you do this activity.

Take note of how your body feels before and after this exercise, is it tense, calm, relaxed?

Compare the senses or different things you noticed on different days.

Were any of the senses harder to focus on than others?

Were you able to focus well or did your thoughts wander?

Did you notice anything new or surprising?

Do you prefer your eyes open or closed?

If you do this at different times in the day how do you think your observations would change?

Resources

For more guidance:

<https://mindfulness Exercises.com/awareness-of-the-five-senses/>

Contact toes@tdsb.on.ca for any assistance, to access an expert, and to share your findings!



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<https://schoolweb.tdsb.on.ca/toes>

