



ACTIVITY

Spirituality can take many forms, for some, organized religion with its traditions, texts and teachings is the way they explore their spirituality. For others spirituality might be more less structured and more closely associated to connecting with nature, being and appreciating artful expression and doing good for the world around them. Most can agree that exploring spirituality also means exploring values, seeking connectedness and understanding just how our lives relates to all of life around us.

Take an intentional, mindful walk today. Walk quietly, paying careful attention to what your five senses are experiencing. If you're out in a group (perhaps a smaller group of 3-5 people), have one person name a sense to focus on and quietly and calmly pay attention to what that sense is telling you and share it with the group. Challenge yourselves to focus on the sounds of nature and to be specific and notice as many different things as possible.

Example:

Person #1: Focus on what you see...

Person #2: I see a robin hopping and poking the ground with his beak.

Person #3: I see a spiderweb in the corner of the fence.

Person #4: I see that the rocks are all different, some have holes, some sparkle, some are uniform in colour and others have several colours.

Person #5: I see a puddle of water with an abandoned toy truck beside it.

Once you've each had a chance to share about what you've noticed, walk quietly, breathing deeply and focusing on that first sense.

After a minute or two, the next sense can be introduced and as a group, you'll draw your attention to what that sense is experiencing. It's important to stay as quiet and calm as you shift your focus to the next sense. Follow the same pattern, trying to be specific about the natural things you're noticing being sure to include a few details.

Example:

Person #1: Focus on what you hear...

Person #2: I hear a bird repeating its call, it sounds like it's saying hello!

Person #3: I hear a rustling in the trees, it sounds like something is going back and forth along the branches.

Person #4: I hear frog croaks or cricket chirps coming from the direction of the pond.

Person #5: I hear geese honking overhead, they're so low I can hear their wings moving through the air with a whooshing sound.





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Once you've each had a chance to share about what you've noticed, walk quietly, breathing deeply and focusing on that next sense. Continue the same pattern until you've **enjoyed** all five senses and have taken the time to notice what you see, hear, feel, smell and taste.

When you return to class, take some time to be curious and dig a little deeper. Open up a journal, or find a piece of paper and write about your mindful walk. You made and heard statements about what was around you but what questions might be coming up for you? What do you know about what your senses experienced? What does it make you wonder about? What could you learn about what nature has shared with you?

Person #4 said: I see that the rocks are all different, some have holes, some sparkle, some are uniform in colour and others have several colours.

They might be wondering about the different rocks they noticed.

- How long have they been there?
- Were they brought in from somewhere else or are those types of rocks indigenous to this land? What kinds of rocks have been here the longest?
- What if rocks had memories of everything they've experienced throughout their existence?
- What is meant by Indigenous people when they refer to Grandfather rocks?

Person #5 said: I hear geese honking overhead, they're so low I can hear their wings moving through the air with a whooshing sound.

They might now be wondering about that bird they're finally noticing.

- Why are they honking? What are they trying to communicate?
- Why do geese migrate? When?
- Why do we call it a Canada Goose? Are there other types of geese around here?
- Is it true they have lifelong partners and that they return every year to the same place?
- How am I like those geese? How am I different?

Thinking about our place in this world can't be done without acknowledging the many diverse thoughts and experiences of those we're sharing this life with. Maybe they drew your attention to a beauty you haven't enjoyed before.





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Perhaps someone in your group said something that really caught your attention.

- What is it about those unexpectedly shared thoughts that resonated with you?
- What else might chatting with them reveal?
- Were there observation or comments you didn't share? Why or why not?

Choose to focus a little time on any one of the questions that comes to your mind and make an effort to learn more about that simple, everyday thing that you have hardly taken time to notice in the past. What can you learn?

Many would say that there is much for all of us to learn about and to learn from the amazing things and people that make up this world of ours. It is very easy to forget to take notice and observe the simple beauty that exists around us and within each other but, we can all find the opportunity to take just a little bit more time, pay a little more attention and offer a little more consideration to this wonderful life around us and the people in it. Your spirit will be richer for it!

Take a few minutes to watch this *We Matter Campaign* video - <https://wemattercampaign.org/media/jack-jr> to hear about how Jack Jr. looks to Mother Earth for guidance about how to navigate through life.



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