

# USE THIS BOOK TO BECOME A MORE MINDFUL WALKER TRACK YOUR SENSORY LIKES AND DISLIKES TO HELP REDUCE STRESS SHARE YOUR SENSORY WALKS WITH OTHERS

#### REMEMBER:



ALWAYS WALK ON A PAVEMENT OR FOOTPATH.



ALWAYS LOOK BOTH WAYS BEFORE CROSSING THE ROAD.



PLEASE DO NOT TAKE PHOTOS OF PEOPLE UNLESS YOU HAVE THEIR PERMISSION.



LISTEN TO YOUR BODY - ONLY WALK AS FAR AS YOU CAN MANAGE.

IF YOU ARE COLLECTING ANYTHING (E.G. LEAVES, TWIGS) PLEASE DO NOT PICK THEM OFF THE GROUND.



READ OUR HEALTH AND SAFETY GUIDANCE HERE: <a href="https://form.jotform.com/200972997342061">https://form.jotform.com/200972997342061</a>



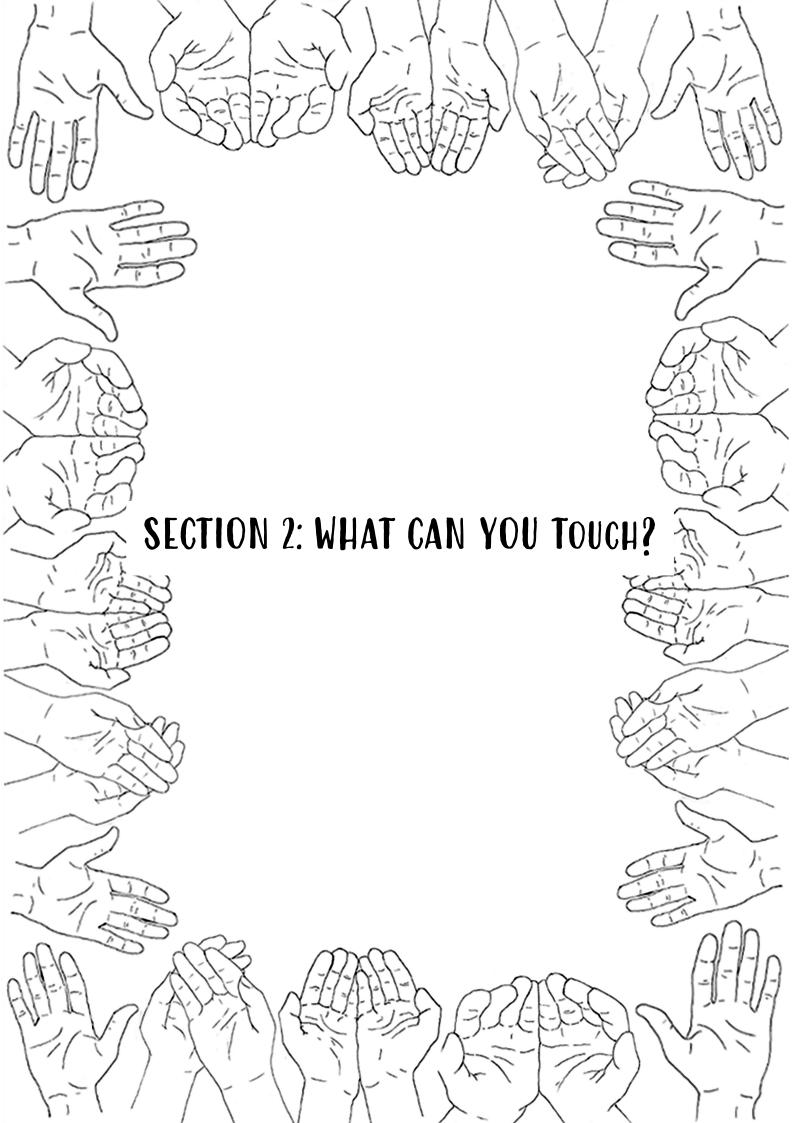
#### YOU WILL NEED: CAMERA! PHONE

WALK AROUND YOUR NEIGHBOURHOOD/LOCAL PARK TAKING PICTURES OF:

- THINGS YOU LIKE
- THINGS YOU DON'T LIKE
- LINES / STRIPES
- PATTERNS
- REFLECTIONS
- WORDS
- CLOSE-UPS
- SOMETHING NATURAL
- SOMETHING MANMADE
- SOMETHING ORDERED
- SOMETHING DISORDERED
- -CAN YOU COME UP WITH YOUR OWN CATEGORY?

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WHICH CATEGORY DID YOU LIKE TAKING PHOTOS OF T	HE MOST AND WHY?
ON YOUR NEXT WALK SEE IF YOU CAN TAKE PICTURES OF JUST ONE (	CATEGORY? E.G. ONLY PICTURES OF
PRAW A SKETCH OF SOMETHING YOU SEE WI	HEN YOU GO FOR A WALK.



## YOU WILL NEED: CAMERA! PHONE + SOMETHING TO COLLECT YOUR SENSORY ITEMS IN

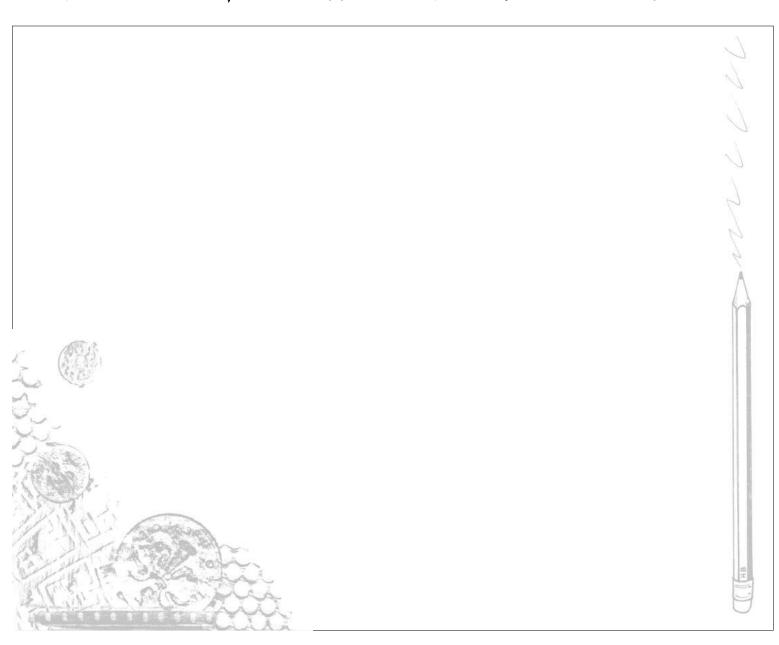
WALK AROUND YOUR NEIGHBOURHOOD/LOCAL PARK TAKING PICTURES OF ITEMS THAT ARE: - GLOSSY - BUMPY - ROUGH - DRY - DAMP - DUSTY - CLEAN - FUZZY - SQUISHY - SOFT - SMOOTH - ETCHED CORRUGATED - ENGRAVED - FIRM - COARSE - CREASED

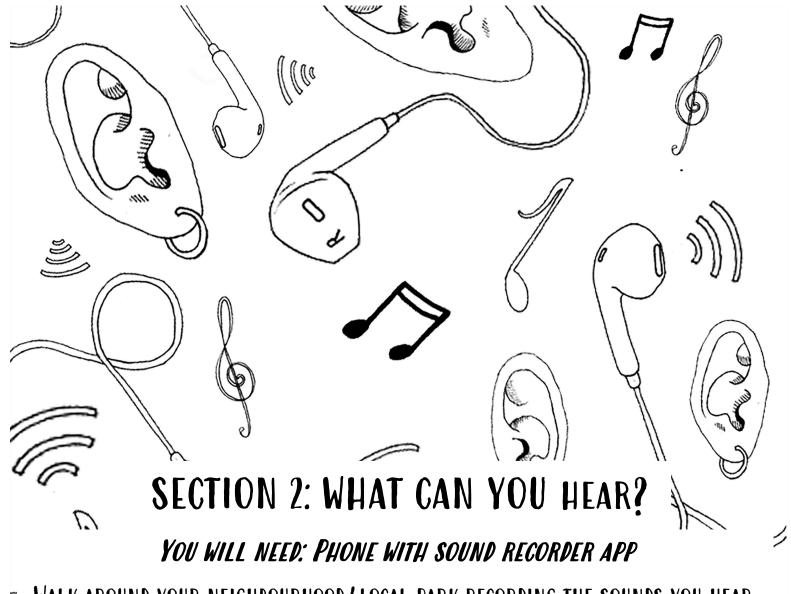
-CAN YOU COME UP WITH ANY OTHER TEXTURES?

- SPONGY

CAN	YOU	COLLE	CT ANY	ITEMS	THAT	HAVE	DIFFEREN	T TEXTURES	WHILST	ON	YOUR	WALK
LIS	T THE	TEXTU	RES HE	RE:								
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2												
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#### DRAW A PICTURE, DO A RUBBING OR STICK THEM IN YOUR BOOK





WALK AROUND YOUR NEIGHBOURHOOD/LOCAL PARK RECORDING THE SOUNDS YOU HEAR.



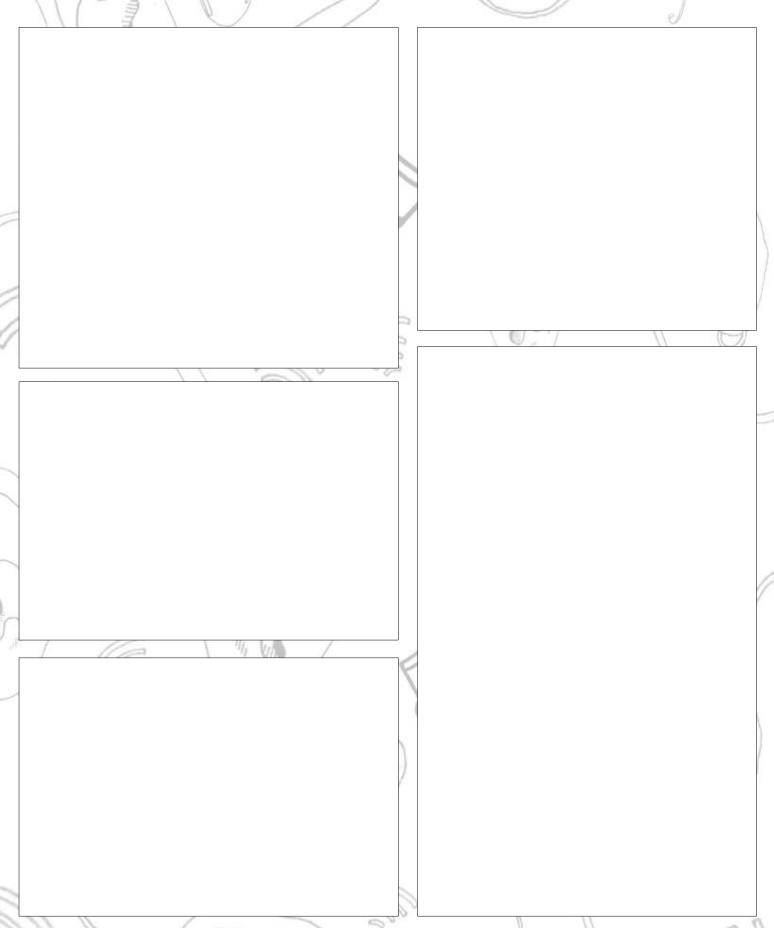
# RECORD 5 NATURAL SOUNDS (E.G. WIND THROUGH THE TREES, BIRDSONG) WRITE OR DRAW THEM HERE:

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REMEMBER TO SHARE: @STARLINGCIO ON FACEBOOK, TWITTER, INSTAGRAM OR WHATSAPP 07535473930

### RECORD 5 HUMAN SOUNDS (E.G. FOOTSTEPS, CARS, VOICES)

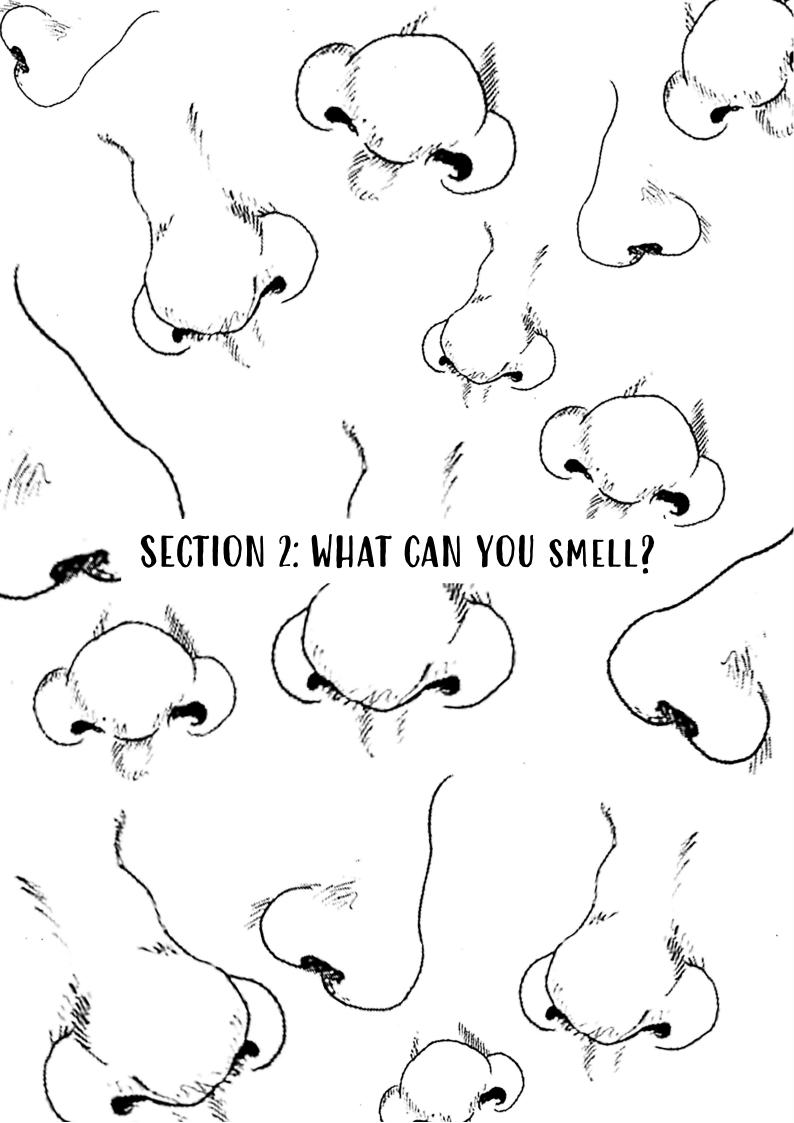
#### WRITE OR DRAW THEM HERE:



REMEMBER TO SHARE: @STARLINGCIO ON FACEBOOK, TWITTER, INSTAGRAM OR WHATSAPP 07535473930

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ERE THERE ANY SOUNDS TI	HAT SURPRISED YOU? (AND WHY?)		
ERE TUERE ANY SOUNDS TI	HAT YOU WERE EXPECTING TO HEAR BU	T DIDN'T2	
	THE POPULATION OF THE POPULATI		(r
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ERE THERE ANY SOUNDS TI	HAT YOU LIKED? WHY DID YOU LIKE TI	HEM?	
4400			
$\wedge$	HAT YOU DIDN'T LIKE? WHY DIDN 'T Y	/ (3)	

W DOES THE SONG MAKE	AON LEETS		
	WRITE THE LYRICS I	IERE	
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#### YOU WILL NEED: CAMERA! PHONE

WALK AROUND YOUR NEIGHBOURHOOD/LOCAL PARK AND PAY ATTENTION WHAT YOU CAN SMELL. TAKE PICTURES IF YOU CAN SEE THE THINGS THAT YOU CAN SMELL.

FRAGRANT (E.G. FLORALS AND PERFUMES)

FRUITY (ALL NON-CITRUS FRUITS)

CITRUS (E.G. LEMON, LIME, ORANGE)

WOODY AND RESINOUS (E.G. PINE OR FRESH CUT GRASS)

CHEMICAL (E.G. AMMONIA, BLEACH)

SWEET ( E.G. CHOCOLATE, VANILLA, CARAMEL)

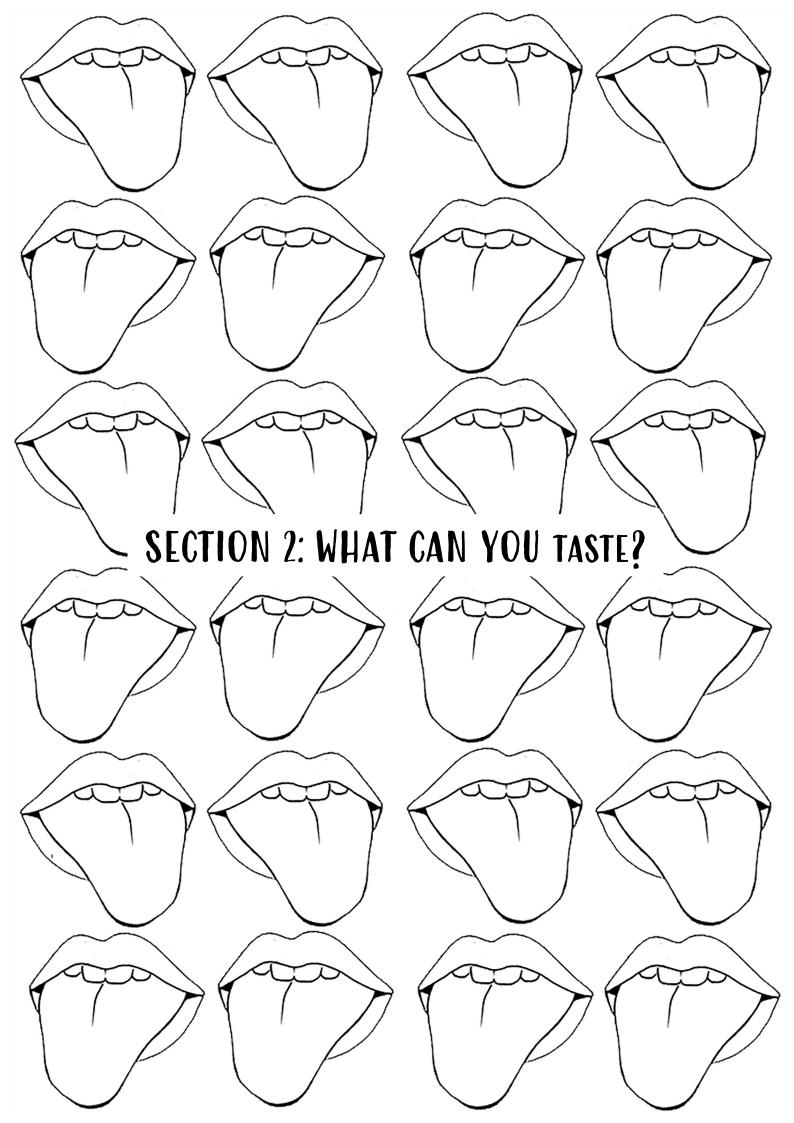
MINTY AND PEPPERMINT (E.G. EUCALYPTUS AND CAMPHOR)

TOASTED AND NUTTY (E.G POPCORN, PEANUT BUTTER, ALMONDS)

PUNGENT (E.G. BLUE CHEESE, CIGAR SMOKE)

DECAYED ( E.G. ROTTING MEAT, SOUR MILK)

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### YOU WILL NEED: A SNACK BOX AND SOME SNACKS

WALK AROUND YOUR NEIGHBOURHOOD / LOCAL PARK AND TAKE A MINI PICNIC WITH YOU!

TRY TO TAKE A VARIETY OF THE FOLLOWING TASTES WITH YOU:

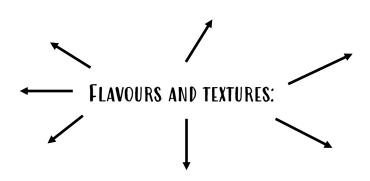
SWEET (GRAPE/STRAWBERRY)
SOUR (LEMON/LIME/VINEGAR)
SALTY (SALTED CRISPS/OLIVES)
BITTER (COFFEE/DARK CHOCOLATE)
UMAMI (TOMATOES/MUSHROOMS/CHEESE)

WHEN YOU EAT YOUR PICNIC, PAY ATTENTION TO THE FLAVOURS AND TEXTURES AS YOU EAT.

CAN YOU DESCRIBE THE DIFFERENT FLAVOURS AND TEXTURES OF YOUR PICNIC HERE?

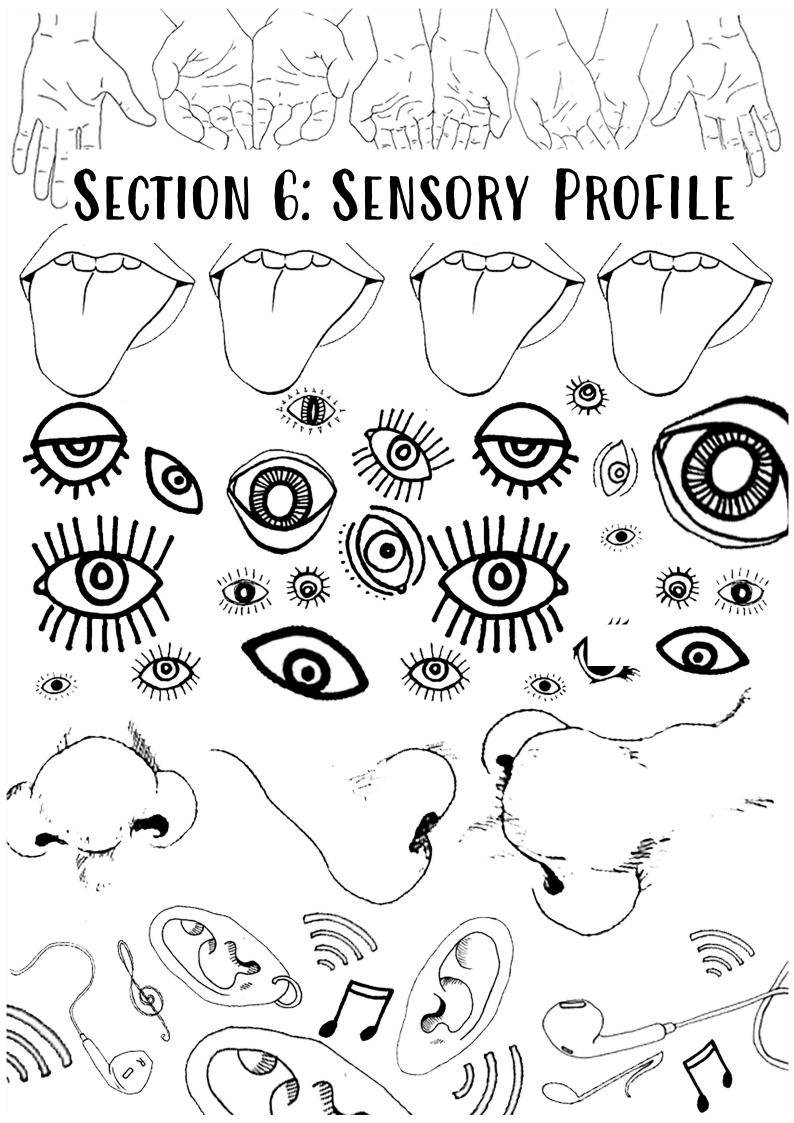
CRISPY/TENDER/TOUGH/SMOOTH/CHEWY/SOFT/GOOEY/HARD/GREASY/CRUNCHY/

SILKY



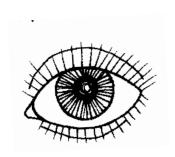
#### WHAT WAS YOUR FAVOURITE AND WHY?

	WHAT WAS YOUR LEAST FAVOURITE AND WHY	
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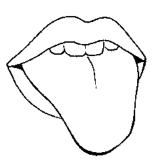


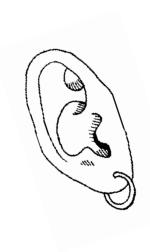
### NOW GO BACK THROUGH YOUR BOOK AND WORK OUT YOUR SENSORY LIKES AND DISLIKES

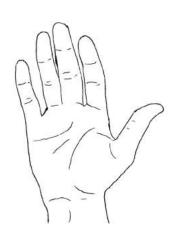
#### YOU CAN DRAW OR WRITE THEM HERE:







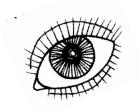




THE SENSES ARE AN AMAZINGLY POWERFUL TOOL TO HELP YOU REDUCE STRESS AND HELP YOU STAY IN THE PRESENT MOMENT.

CHOOSE SOME OF YOUR FAVOURITE SENSORY THINGS AND MAKE A SENSORY SELF -CARE KIT TO USE AT HOME/WORK/SCHOOL/COLLEGE/UNI.

#### **EXAMPLE SENSORY SELF-CARE KIT:**



PICTURE OF YOUR FAVOURITE ANIMAL

A SOFT TOY

FAVOURITE MUSIC

SCENTED CANDLE

BAR OF CHOCOLATE





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