

# Pause. Notice. Choose.



## Mindful Moment: Walking

PNC Walking is focusing attention on the actual experience of walking—noticing how your feet touch the surface of the ground, paying attention to the sights, and sounds as well as anything else you may notice while walking.

1. Have Participants practice walking in the room for a minute or so just to get the sense of what it's like to pay attention to their feet contacting the floor.
2. Give them 5 minutes to walk either in the building or outside if possible.
3. Have them walk in silence, not talking to others.
4. Have them notice the following:
  - What it's like just to walk, continuing to notice their feet contacting the surface on which they are walking, or whatever else they may notice.
  - Notice their speed of walking.
  - What else they may notice when their mind or attention goes somewhere else: sights, sounds, or other sensations - things they may never have noticed before.
  - Practice bringing their attention back to their walking when their attention has gone elsewhere.
5. Let them know the time when you want them back in the room.

### Debrief

I would like to hear from a few of you:

What did you notice during that experience?

What did you like about it?

What did you find challenging?