

2020 Nature Walk

As the school year is drawing to a close, there are usually higher stress levels in students at this time. Add on to that, extended Stay-at-Home orders during this virus now our mental and physical health are taking bigger hits.

Acknowledging this hurt going on is important to finding hope.

As the sun is coming out more and the spring weather is improving, Vitamin-D and some exercise does our bodies good.

I invite you as you are able to take a **mindful walk** in preparation of finals. During a walk I encourage you to do something different than usual. Use the following suggestions as prompts for different walks you may be taking.

Please follow the city ordinances of wearing a mask while being outside plus practicing 6 feet social distancing to the best of your abilities to keep yourself and others safe.

- **Thank You Walk.** Count the number of animals or insects you encounter. After your walk take a moment to thank God for the work those animals and insects do to maintain a healthy ecosystem.
- **Chalk Walk.** Take some chalk with you on the walk. Write or draw an encouraging message for people who may encounter the path after you. But you can't take a picture, let someone else after you have the first chance to photograph your work.
- **Draw & Walk.** Take some paper and drawing utensil on your walk. Draw as you walk. Have someone guess your drawing subject after your walk is over.
- **Silent walk.** Be as silent as possible. Heighten your sense of hearing. What sounds do you notice? How can you listen for God? Is it hard to stay silent?
- **Flower walk.** Read Matthew 6:25-34 before you start walking. Take pictures of different flowers you find.
- **Silly Walk.** Decide on a length that you will walk in the silliest way you can. Can you find some giggles in the moment? Where can God be found in silly moments?
- **Story Walk.** Create a new story while walking. Decide how many steps the storyteller will take to tell part of the story. Once that number of steps is reached it's the next person's turn to pick up where the story left off and continue it for the number of steps. Stories can be about anything! No limits!
- **Tree Walk.** Focus on trees on your walk. What trees can you find? Share a story about a tree in the Bible as you reach a different tree.