Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mindfulness 120

***Rainbow Walk: A Mindfulness Activity to Move the Body and Rest the Mind***

The instructions are very simple:  Take a walk, and look for something red, orange, yellow, green, blue, and purple.  Keep going through the colors, in order, until the end of your walk. Write a note and/or sketch something you saw in each of the colors.

You can do this anywhere, at any time of year.  Obviously, it will be easier to spot a lot of different colors in a garden in the spring.  But in the winter, you could notice some bright red berries, or a red ski hat, or even a stop sign.

RED

ORANGE

YELLOW

GREEN

BLUE

PURPLE