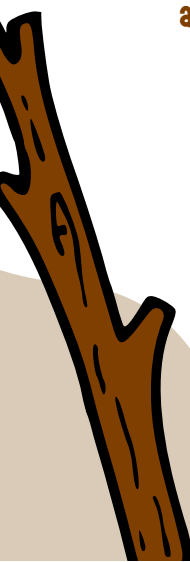
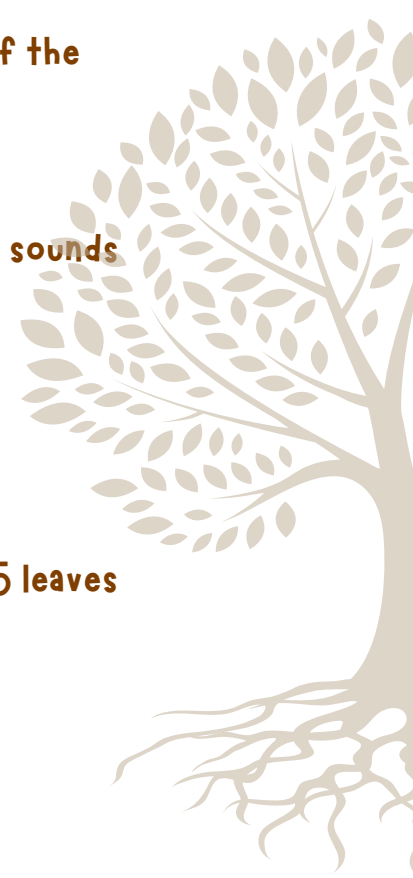


10 things to make your walk mindful and help you to quiet your busy mind.

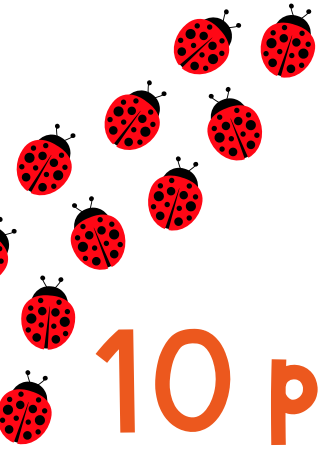


1. Find a peaceful space to sit and breathe deeply and slowly
2. Pause; gaze at the colours around you. Can you find all the colours of a rainbow?
3. Explore under leaves and logs, what lives here?
4. Lift your gaze and enjoy the canopy of the trees, the colour of the sky, the clouds, the birds...
5. Tie grass in knots or plat/ weave the stems
6. Close your eyes and count on your fingers how many different sounds you can hear
7. Spot faces in tree bark
8. Walk barefoot (in a safe place)
9. Listen to the birds, can you work out what they are saying?
10. Notice textures in nature, feel the bark on the trees and high5 leaves as you pass



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10 peth i wneud eich taith yn fwy ystyriol a'ch helpu i dawelu eich meddwl prysur

1. Dewch o hyd i fan heddychlon i eistedd ac anadlu'n ddwfn ac yn araf
2. Oedwch, a sylly ar y lliwiau o'ch cwmpas. Fedrwch chi ddod o hyd i bob un o liwiau'r enfys?
3. Chwiliwch o dan ddail a phren. Beth sy'n byw yno?
4. Codwch eich llygaid a mwynhau canopi'r coed, lliw'r awyr, y cymylau, yr adar...
5. Clymwch laswellt neu blethu/gwehyddu'r coesyddau.
6. Caewch eich llygaid a chyfri ar eich bysedd faint o wahanol synau y medrwch eu clywed
7. Edrychwch am wynebau mewn rhisgl coeden
8. Cerddwch yn droednoeth (mewn man diogel)
9. Gwrandewch ar yr adar – fedrwch chi ddeall beth maen nhw'n ei ddweud?
10. Sylwch ar y gwadeddau ym myd natur, teimlwch y rhisgl a rhoi clwm pump i ddail wrth i chi fynd heibio



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