

THE BIG SUMMER

STROLL & ROLL

**A guide to help
you complete
your first mindful
walk or roll.**



Active
Gloucestershire



What is a 'mindful' walk/roll?

What is Mindfulness?

Mindfulness is about paying attention to the present moment, without judgement. It's a way of slowing down, noticing your surroundings, and connecting with how you feel—physically and mentally.

What is a Mindful Walk or Roll?

A mindful walk or roll is when you bring that same awareness into movement. Instead of rushing or focusing on the destination, you tune into the sights, sounds, and sensations around you – the rhythm of your steps or wheels, the feel of the breeze, the sound of birds, or the colours of nature. It's a simple, calming way to boost wellbeing while enjoying the outdoors.

How to practice it

Turn your next stroll or roll into a calming, mindful experience.

Here's how:

- 1 Pause before you start:** Take a deep breath, notice how you feel, and set an intention (e.g. "I want to feel calmer" or "I want to notice nature").
- 2 Walk slowly and gently:** There's no rush. Focus on steady, natural movements.
- 3 Notice your senses:** What can you see, hear, smell, feel, or even taste in the air?
- 4 Pay attention to your steps or wheels:** Notice the rhythm of your body, the roll of your wheels, the sound of your steps, the shift of weight.
- 5 Breathe deeply:** Take slow breaths in and out, matching them to your pace.
- 6 Stay present:** If your mind drifts, gently bring it back to the sights, sounds, and sensations around you.
- 7 Finish with gratitude:** At the end, pause and notice one thing you appreciated—a view, a sound, or just the time spent outside.