

Mindful Movement

Walk like a deer to become more aware of how you move. Sometimes when we want to be mindful we are still, but we can also be mindful when we move.

Practice walking like a deer. Move slowly and deliberately, with purpose. Pay attention to where you are walking and practice changing between stillness where you are camouflaged and slow movements.

What does it feel like to walk like a deer?

What does it feel like to be still & camouflaged like a deer?

Describe a time when you can walk mindfully.

Describe a time when you can use stillness or camouflage.

