



We are a tribe of people from all walks of life who enjoy being outside in green space.

We move more together, walking, jogging, running, doing sports and alternative activities such as circuits, orienteering, tree planting and bushcraft.

All the activities are optional and there is never pressure to participate.

We provide support and motivation for each other as we gain positive mental and physical health benefits from our weekly sessions.

We meet every Friday at 9:50am ready for a 10am start, sessions usually last around an hour until 11am. We meet at the fallen tree trunks in the carpark opposite Thornes Park Stadium, Wakefield.

Sessions are free and cater for all ability levels.

www.runwalktalk.co.uk

Find us on Facebook @MMrunwalktalk

Instagram mindful_movers



We have created this short wellbeing booklet to include a range of activities. All link somehow to our group Mindful Movers.

Leaf meditation

Next time you are outdoors see if you can find a leaf, doesn't have to be anything fancy or amazing just a regular leaf. Maybe one you like the colour or shape of. If it's safe and warm enough sit with your leaf for a few minutes (if this isn't possible take your leaf home with you and do the activity there).

- ◆ Firstly **LOOK** at your leaf, take notice of the veins, ridges, markings on it. Look at the shape, colours and outline. Is there a difference between both sides?

You don't need to do anything other than look and notice.
- ◆ Next **FEEL** your leaf. Run your fingers over the ridges (if safe you may choose to close your eyes to heighten the touch sensors) Feel the edges of your leaf, notice how it feels, changes in texture, any smooth parts, any rough parts. Spend time feeling the leaf in your hands.
- ◆ Next **SMELL** the leaf. Run your fingers over the leaf and try to pick up the scent, what does it smell like? Does it remind you of anything?

- ◆ Finally **SIT QUIETLY** with your leaf. Think about the journey your leaf has been on from a young bud, opening into a new spring leaf, maturing to a summer leaf basking in the sun and through the seasons to where you are now.
- ◆ Think about how leaves are on a journey and when they fall from the trees they go back into the ground to feed the trees, plants and insects.



When we meet for the Mindful Movers sessions at Thornes Park we have often stopped or taken notice of the natural world around us. The park is a rich resource of different plants, trees and wildlife. We've been very lucky to spot woodpeckers, different types of trees and birds and the occasional terrapin or two sunbathing on logs in the pond. We have had guest speakers who have told us more about the parks trees and local history.

We have found that as we smell the flowers in the Rose Garden, touch the leaves and needles on trees, spot fruit growing around the park or watch Squirrels fight over berries and nuts we become increasingly connected to our environment.

This connection is a powerful tool to help our wellbeing. We are present in the moment, talking and interacting with our peers, noticing together and sharing our views and experiences of nature.

There is scientific evidence to support the role the natural world plays in our health and wellbeing. The ways trees can calm our bodies and minds.

We have recently become a Tree Charter group with The Woodland Trust to spread the word about the power of trees and their importance to not only humans but the planet generally.

The Leaf meditation can also be done with bark on a tree. LOOK, FEEL and SMELL the bark. Think about the habitat it provides for wildlife.

Notice the patterns formed in the natural world around you.



Activity to try – Zendoodle

What is a Zendoodle?

It is a pattern made by repeating marks and shapes. You can let your imagination run wild. Take some of the patterns inspired by nature around you. It is a great exercise to stay present and focused in the moment. Which is very positive for our mental wellbeing. It can give you chance to let your brain calm a little and rest.

Activity 1

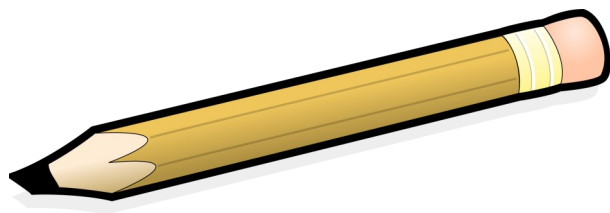
Grab a pen or pencil and let's give it a go

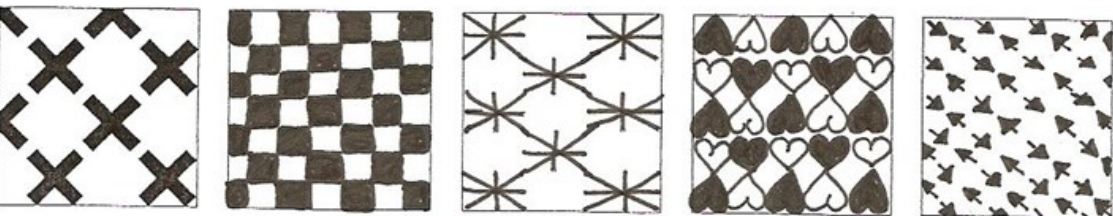
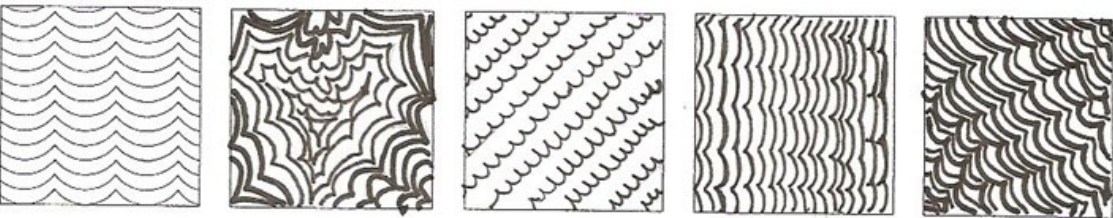
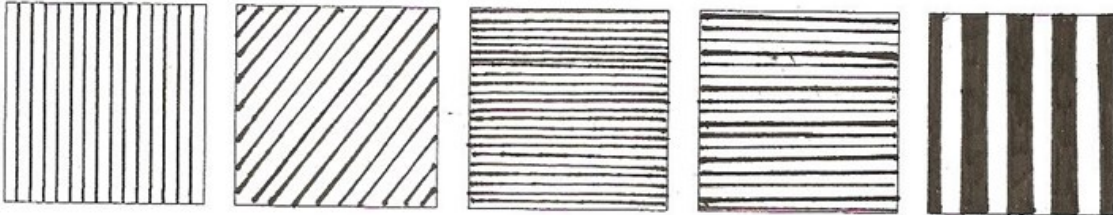
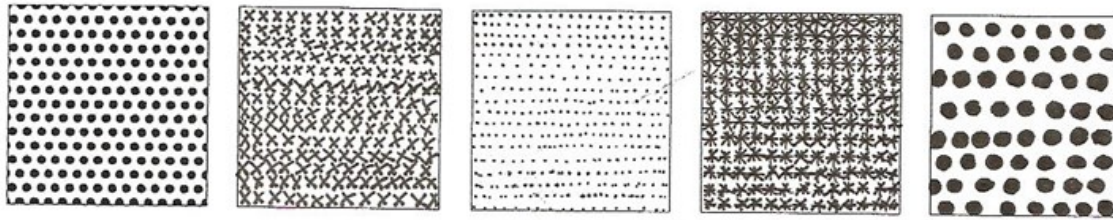
Have a go at copying some of the different patterns on the following page into the grid squares opposite with your pen or pencil.

Maybe have a go at creating your own patterns too?

Then you could have a go on another sheet of paper with alternative tools such as felt tips, coloured pencils or paint.

How do the marks feel to make? Does the feel of making the marks change with different tools?





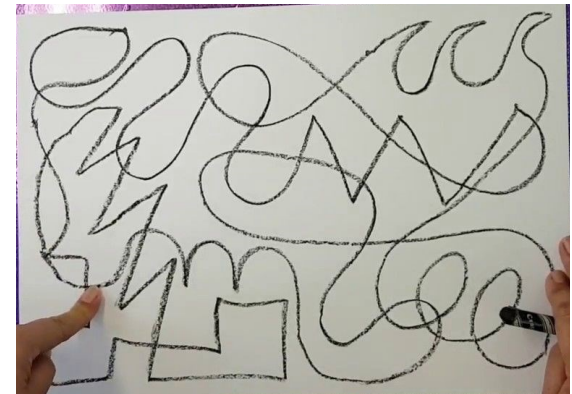
Activity 2

Great stuff, how did you find the mark making?

Did you enjoy drawing any shapes / marks more than others?

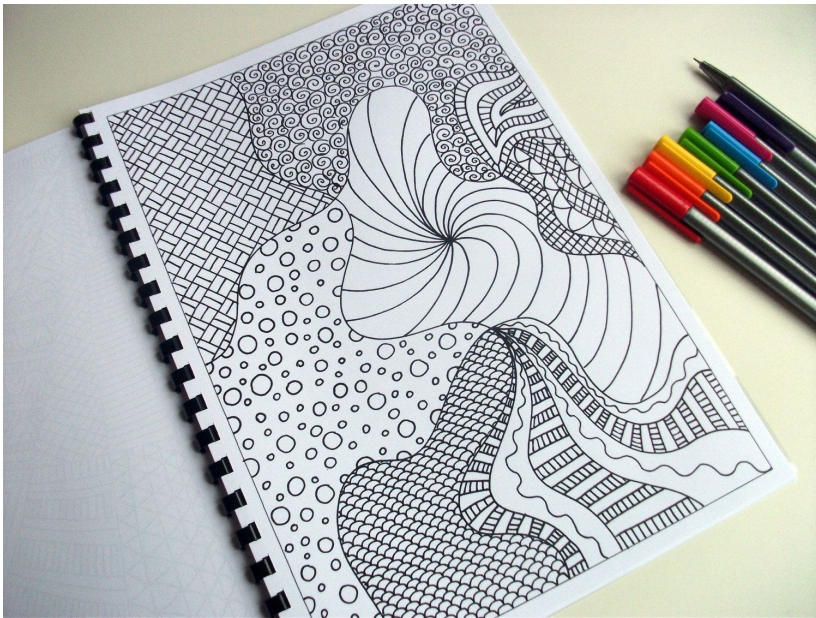
Lets take these marks and start to use them a bit differently.

On the following blank page we'd like you to take your pen for a walk, Keeping it in contact with the paper move it around to create shapes and patterns. We are then going to fill in the gaps and spaces left using different marks and using different colours if you'd like to.





How did you find the 2nd activity?



You can start to use more complicated marks and patterns to fill in your designs as you grow in confidence. We've included some examples opposite.

For more information about Zendoodles check online as there are a wealth of resources available.

We hope you've enjoyed our activities?

If you'd like to find out more about Mindful Movers please check out our website and use the contact us page to ask questions.

Alternatively email: runwalktalkm@gmail.com

Hopefully we might see you at a session soon...

