



PURPOSE //

- Encourages mindfulness and helps us stay grounded in the present
- Deepens our sense of connection to the world around us
- Promotes gentle movement habits

INSTRUCTIONS //

Materials

- Instruction page
- Template
- Pen or pencil
- Weather-appropriate clothing

Application

- Before starting the walk, pick a color to focus on
- While walking, write down or sketch every time you see that color in your environment (this can be anything! Nature, cars, stores, or even other people's outfits)

Bonus: See if you can spot every color of the rainbow on one walk.

Assembly

1. Print the Color Walk template
2. Dress for the weather

Let us know how the activity goes!
We'd love to hear from you or receive pictures or tag us on social media:



Color Walk

During your walk, write or sketch every time you see your chosen color.

On my walk, I saw the color _____ many times today!
Here's a few places I saw it:

Rainbow Color Walk

During your walk, write or sketch every time you see each color

On my walk, I saw the colors of the rainbow many times today! Here's a few places I saw it:

Red	Orange	Yellow
Green	Blue	Purple