

Mindful Walking

Things to look out for on your Walks



Buildings & Structures

- Different types of houses
- Municipal buildings
- Churches
- Architectural periods & styles
- Bridges
- Arches
- Walls & fences
- Sculptures and statues

Gardens

- Flowers
(types, petals, colours)
- Trees
(leaves, trunks, branches & stumps)
- Shrubs
- Hedges
- Garden design

Water

- Water features
- Streams
- Canals
- Lakes
- Rain effects
- Puddles and reflections in puddles

Signs

- Street name signs
- Shop signs & names
- Ghost signs
- House names
- House numbers
- Blue plaques
- Brown signs
- Street art

Animals

- People
- Cats
- Dogs
- Birds
- Insects
- Frogs
- Hedgehogs
- Rabbits
- Cows
- Sheep

Transport

- Cars
(types, number plates)
- Buses
- Trains
- Trucks
- Bikes
- Roads
- Paths

Weather

- Sunrise
- Sunset
- Shadows cast by the sun
- Cloud shapes
- The effect of the wind
- Changing seasons



the
everyday
WALKER