



# SLOW & SILENT WALKING

## *Purpose & Focus*

We walk slowly and purposefully. Every time we step, we feel the sensations in our feet and legs.

Helps participants build seeing and framing skills.

## *Participants*

Any number of participants.

## *Time Allotment*

5 - 15 Minutes

## *Activity Level*

Low

## *Materials*

- Masking tape
- Optional: a bell or tone bar

## *Method*

- We're going to begin at one line and walk very slowly to the other line, feeling our feet touching the floor as we step. Let's get ready by standing on one line with our backs straight, knees soft, and muscles relaxed. When I ring the bell, we'll start walking very slowly, keeping our gaze downward to make it easier to concentrate.

### *Ring the bell.*

- Notice the feeling in each foot as you step. Do you feel the heel of your foot, the ball of your foot, and your toes?
- When we get to the other line, we'll turn around and wait for the bell. That's the signal to start walking again. We'll focus on our breathing while we wait.
- Ring the bell again, and continue for as long as participants remain engaged.

## *Coaching Tips*

- After some practice, have the participants pay attention to two parts of walking: putting the foot down and lifting the foot up.
- Later, have the participants pay attention to three parts of walking: putting the foot down, lifting the foot up, and moving the leg forward.
- Once they understand the game, the participants won't need the lines on the floor, and they'll be ready to walk longer distances— in the hallway, across the room, or outside in nature.