



# A Mindful Winter Walk Card Deck

## How to play:

Take a few deep breaths in a way that feels right to your body.

Enter the forest. Choose a card. Read the card or have someone read it to you.  
Walk around and find something that matches the card.

Explore how the space feels with all your senses.

Pause and look up high into the sky, are there any cloud formations?



Take a spin around 360° slowly. Looking around, what colours do you notice?



**Take a deep breath in through your nose, can you feel the cool air entering your nostrils?**

**Close your eyes. Is there a breeze? Feel the breeze on your skin. Imagine that it's filling you with cool peace.**

**Find a stick. Touch the stick gently with your fingertips. What does it feel like?**

**Snow can trap sound, making it difficult to hear noises. Pause and notice any sounds.**



**Can you spot a bird? Maybe a woodpecker pecking for food or a chickadee? Some birds migrate south for the winter, others stay.**

**Is there winter snow on the ground? With the shine of the sun, notice the sparkle on the sun.**

**Some trees shed all their leaves in the fall, others do not. Can you find a tree with leaves still on?**

**Notice the snow. Is it sticky to make a snowman, powdery to throw in the air like confetti? Wet, fluffy or icy?**

**In the winter, it's important for us to stay warm outside. Notice how you feel in your jacket. If you feel chilly, you can run or do jumping jacks to quickly feel your body warm up.**

**Can find a cedar tree, take a whiff.**



**Find moving or frozen water, like a stream. Take a look and listen for a couple moments.**



**Find a plant that has dried berries. Imagine a hungry bird will soon come and eat them, staying fed through the winter.**



**Find a plant or tree whose name you know. Greet it like a friend. Look at it and let it greet you in return.**


**Find a tree or a branch that has cracked or split and let go.**

**Are there any signs of growth on the trees?  
Any buds to see?**

**Imagine you are an alien from outer space and you've just landed on earth, you've never seen a place like this before. Take a walk around and see what you notice.**



**Find a dried plant or pod, maybe still on a vine or tree or poking out from the snow. Check it out closely.**



**Find a piece of bark, is it letting go from the trunk of a tree?**

**Notice your boot print in the snow or on the ground. Notice if there are any animal prints to take a closer look at too.**

**Animals, like squirrels and mice like to burrow and hide away for the winter, coming out for food. Find a home space where they might be.**

