



Please take time to listen and participate in this guided walking meditation from Mindfulness For Teens. For this week, please focus on guided meditation number 6. In total it lasts a little over 5 minutes in length and we encourage you to utilize this resource whenever needed! Feel free to walk/move alone, with a sibling, parent, or friend. This exercise is best utilized with headphones on, if you have access to them.

Next week, we will be featuring more opportunities for guided meditation and mindfulness, in conjunction with hoping to learn more about identifying the peace of God in the world and within ourselves.

As well as being in tune to the instructions of the speaker, please refer to the thoughts and questions below the link, which tie in themes from the week as well.

<http://mindfulnessforteens.com/guided-meditations/>

- How does walking in this manner feel? Normal? New? Strange?
- What emotions does simply walking, with no outside agenda, arise within you?
- Reflect on how this exercise effects your mood. Is it a relief? A burden? Does it relax you?
- Notice how you are moving, the speed you move at, your demeanor. How is this a reflection of your inner thoughts and feelings? How do the two influence each other?
- After completing this exercise, take some time alone to sit and reflect. Consider your feelings both now in this moment, about the past months, and the coming ones.
- Repeat as needed.

