


30 Days of Mindfulness

What is mindfulness? Mindfulness helps you notice the small beauties and pleasures in the world around you. It helps you to live in the present moment. Keep a note of what you did and how it made you feel.

Share your daily 30 Days of Mindfulness, photos and tips using [#30DaysWild](#)

Make up your own wild mindfulness activities or find inspiration from our blogs at lincstrust.org.uk/blogs

30
DAYS
WILD


1 Study a bird.
Pay attention to all the details. What colours can you see? What textures or patterns can you make out that you may not have noticed before? 

2 Visit the coast.
Take a walk along a stretch of coastline and use all your senses. What can you smell? What can you hear? What can you feel beneath your feet? 


3 Use your senses.
Find a comfortable place to sit outside. Close your eyes and bring your attention to your sense of smell. Try to distinguish each fragrance. 

4 Find a flower.
Find a common flower, like a daisy or a dandelion. Look at the texture and shape of the petal and leaf. Study the stem - is it hairy or smooth? 

5 "Turn your face to the sun and the shadows fall behind you"
- Maori Proverb


6 Mindful Minute.
Stop, observe and wonder at the intricacy of a spider's web. 

7 Look up.
Find a place to sit or lie and contemplate the sky. Watch the clouds moving across. Are there shapes in them? What shades of white or grey or colour can you see? 


8 Visit a river.
Walk silently near a river or canal. Experience the area around you through your senses. What can you hear? What can you feel? What can you smell? 

9 "The little things? The little moments? They aren't little"
- Jon Kabat-Zinn

10 Mindful Minute.
When going on a journey as a passenger, switch off your phone and look out at the view.

11 "Look deep into nature and then you will understand everything"
- Albert Einstein 

12 Listen.
Find a comfortable place to lie-down outside on a lawn or grassy spot. Place your ear to the ground. Listen for the movement of the earth below. 


13 See a rainbow.
Rainbows only appear when certain meteorological conditions are right. Next time you see one, take a few minutes to stand and wonder at it. 


14 Take a breath of fresh air...

15 Big Wild Weekend
Visit a wild place this weekend. Open grassland, brisk coastline or secluded woodland, take your pick. To find a wild place near you, visit lincstrust.org.uk/reserves

16 Big Wild Weekend
Join us for an event to celebrate Big Wild Weekend this June. To find out what's on near you, visit our website at lincstrust.org.uk/events

17 Outdoor brunch.
Eat your breakfast or lunch outside and become aware of the sky, your surroundings, or the birds and animals in your garden, or neighbourhood. 

18 Write a nature Haiku.
A Haiku is a style of Japanese poetry, formed of 3 lines of 5, 7 and 5 syllables. Head outside and have a go at writing your own. 


19 Mindful Minute.
Go barefoot on grass or on a beach and pay attention to the different textures beneath your feet. 

20 "Look at everything as if it were for the first time..." 


21 All weather walk.
Go for a walk in the rain. Be aware of the wind on your face. Jump in a puddle. When you get home, enjoy the dryness and warmth. 

22 Watch the sunset.
Find a place where you can sit and comfortably watch the sunset. Really study the colours and the different tones of light and cloud. 


23 "Step outside for a while - calm your mind"
- Rasheed Ogunlaru


24 Accept rain,
On a rainy day, go outside and raise your face to the sky. Feel the rain on your skin - enjoy it. Accept rain as an essential life-giving gift and not a hindrance. 

25 "Sit, be still, and listen..."
- Rumi

26 Go outside.
Find a place to sit or stand comfortably outdoors. If you feel able, close your eyes. Use all your senses. What can you hear or smell? Is it near or far? 

27 Explore a tree.
Find a mature tree and sit under it with your back to the trunk. Close your eyes and feel the solidity of the trunk. Feel the texture of the bark. 

28 Mindful Minute.
Look at a leaf. Hold it up to the sky and study the patterns of the veins. 

29 Visit a woodland.
Walk silently through a woodland and use all your senses. Take a deep breath. What can you smell? What/who can you hear? 

30 #StayWild.
How do you feel after your 30 Days of Mindfulness? Close your eyes and study your emotions as if you were looking at them from the outside. 