

Hello!

Welcome to the Sibling Support
Mindfulness Walk around Salhouse Broad.

This walk has various points along the way which
may help you to feel a little more mindful,
so keep an eye out for the stations.

Take your time along the way to
enjoy each station.

Where is it?



Salhouse Broad, NR13 6RX

www.siblingsupport.co.uk

Registered Charity no.
1189271

sibling support

Mindfulness Walk

Salhouse Broad



Drawing

Remember to bring a pencil with you. Draw in the space below or bring your own paper



Car park

Mindfulness moment

Take a moment to breathe with Stephen Fry

Cloud spotting

Use your cloud badge to let others know how you are feeling

Share a story

This is a great time to share a story about your sibling

Stone stacking

Tree hugger

Quiet time

Wild-flower meadow

Take your wild-flower heart, write your message to your sibling, and plant it in the wild-flower meadow

Scavenger hunt

Can you find the things below whilst you're on your walk?
Can you think of your own things to look for?

- See a blade of grass moving
- Smell a flower
- Hear the sound of an animal
- See a spider web
- Feel the bark on a tree
- See something that is your favourite colour
- See a boat on the broad



Sink away your troubles

