

## Autumnal Sensory Walk

There is no better time of year to move and take in the sensory delights of New England than our fall season. The air is crisp and the sights and sounds could not provide a better backdrop to exercise and move in a natural landscape. It is of the utmost importance that we all find time to move and take part in physical activity to counterbalance the stresses and strains of our daily lives. Moving and getting into our senses is a beautiful way to exercise our minds and bodies for holistic wellness. A sensory walk or hike may be the perfect familial or solitary manner for such a practice.

### **A sensory walk or hike:**

Walk in a natural setting at any pace you choose with little conversation.

After 5-10 minutes of movement, pause and get into your sense of sight and pay attention to what you are seeing. Share what you see with your group or keep it to yourself.

Repeat this practice with your other senses of sound, touch, smell, and taste (bring a snack)

The goal is to move for 30-60min and immerse yourself in nature and be aware of more than your thoughts and words.

### **Some Ideal Locations:**

- Castle Island
- Scusset Beach
- Blue Hills' Red Trail (Want a challenge? Walk up the ski slope)
- Jamaica Pond
- Franklin Park Golf Course
- Borderland State Park
- Arnold Arboretum