

Wheel of Wellbeing

Place: *Awe Walk*



Overview of the activity

An awe walk is a simple yet powerful stroll where we intentionally turn our focus outward—away from our inner thoughts—and tune into the world around us. As we walk, we pay close attention to sights, sounds, and details we might usually overlook. We stay present, engage our senses, appreciate our surroundings, and connect with the moment. This mindful awareness often leads to feelings of wonder, gratitude, and joy.



Photo by [Casey Horner](#) on [Unsplash](#)

Why do this?

To feel awe is to experience a deep sense of wonder, amazement, or reverence—whether it's sparked by breathtaking nature, inspiring architecture, beautiful art, or even a random act of kindness. These moments of awe expand our perspective, shifting our attention away from



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ourselves and reminding us that we're part of something larger. [Research](#) shows that awe can boost mood, enhance connection, and promote prosocial behaviour, all of which contribute to greater wellbeing.

Instructions

Preparation

- **Choose a location:** Awe can be found anywhere—from quiet parks and scenic trails to bustling city streets and impressive buildings.
- **Minimise distractions:** Turn off or silence your phone to stay present.
- **Set your Intention:** Begin your walk with curiosity and openness. Be ready to be surprised, delighted, and moved.

The Walk

- **Focus on your breath:** Start with a few deep breaths—inhale for six counts, exhale for six. Come back to your breath whenever your mind wanders.
- **Feel your feet:** Notice how your feet connect with the ground as you walk, anchoring you in the present.
- **Engage your senses:** Tune into the sounds, sights, smells, and textures around you. Look for colours, shapes, and patterns that might usually go unnoticed
- **Shift your perspective:** Alternate between taking in the vastness—like a wide horizon or a tall building—and zooming in on tiny details like the veins of a leaf or a crack in the pavement.
- **Capture moments (optional):** Bring a camera or use your phone to photograph things that inspire awe—but don't let it distract you from the experience.

After the Walk

- **Reflect:** Take a few moments to think about how the walk made you feel. What stood out? What surprised you? Savor the memories of awe and wonder.



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