



FOR ASSISTANCE VIEWING OR READING ANY CITY DOCUMENTS,

contact the City's ADA Coordinator via email adacoordinator@fortcollins.gov
or phone: 970-416-4254.

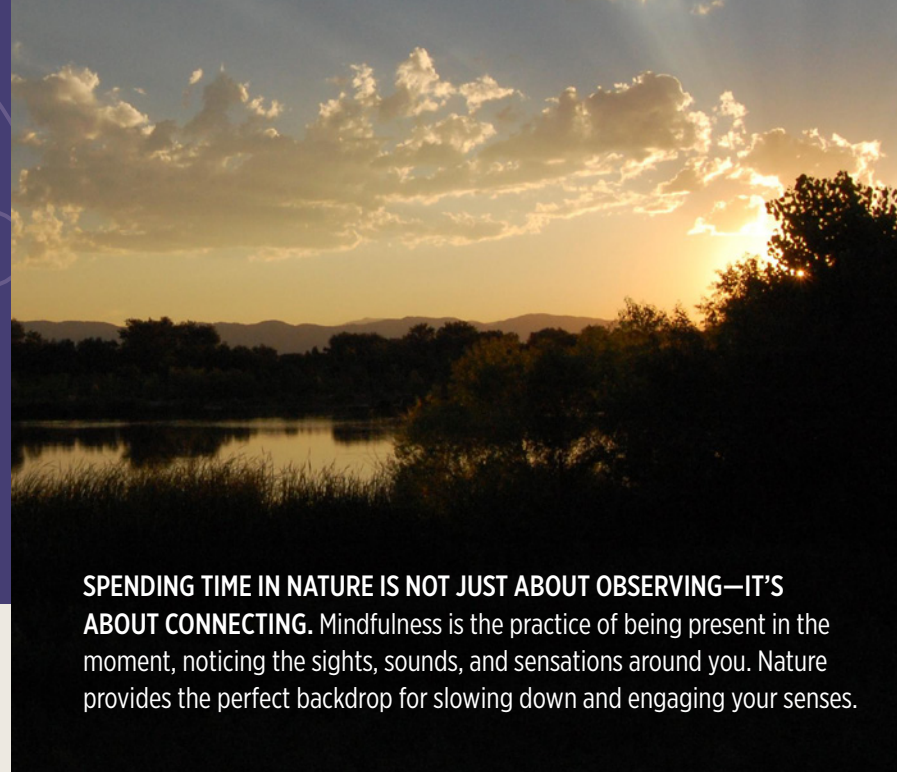
[A Request for Reasonable Accommodation](#) can also be completed online.

For more information about the City's Non-Discrimination policy and
Accessibility efforts, visit FortCollins.gov/Non-Discrimination.



MINDFUL MOMENTS IN NATURE

A BEGINNER'S GUIDE TO MINDFULNESS & GETTING CREATIVE IN NATURAL AREAS



SPENDING TIME IN NATURE IS NOT JUST ABOUT OBSERVING—IT'S ABOUT CONNECTING. Mindfulness is the practice of being present in the moment, noticing the sights, sounds, and sensations around you. Nature provides the perfect backdrop for slowing down and engaging your senses.



CREATIVITY IN NATURE CAN TAKE MANY FORMS, from sketching what you see to writing about the experience. By practicing mindfulness and creativity together, we deepen our connection to the natural world and find peace in the moment.



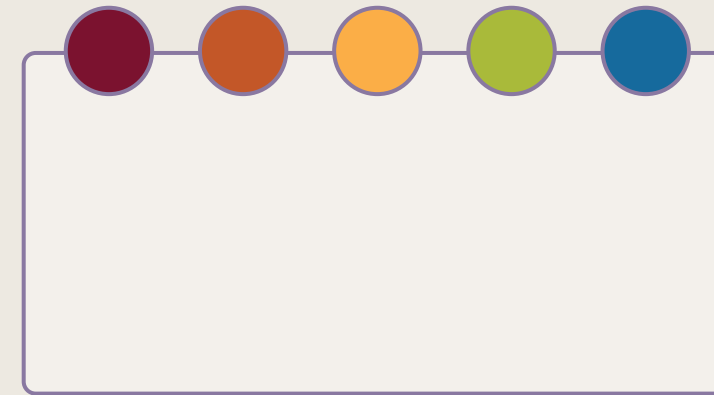
CREATIVITY IN NATURE ACTIVITIES

NATURE ART -

Go for a walk and gather inspiration from nature. Notice the patterns in the leaves, the curves of tree branches, and the colors of the sky. Bring your own art supplies and create a piece of art that reflects what you experience.

NATURAL COLORS -

How many colors can you find in nature? Look around and find something that matches each color and draw it below. Make sure to leave what you find for others to enjoy!



NATURE POETRY -

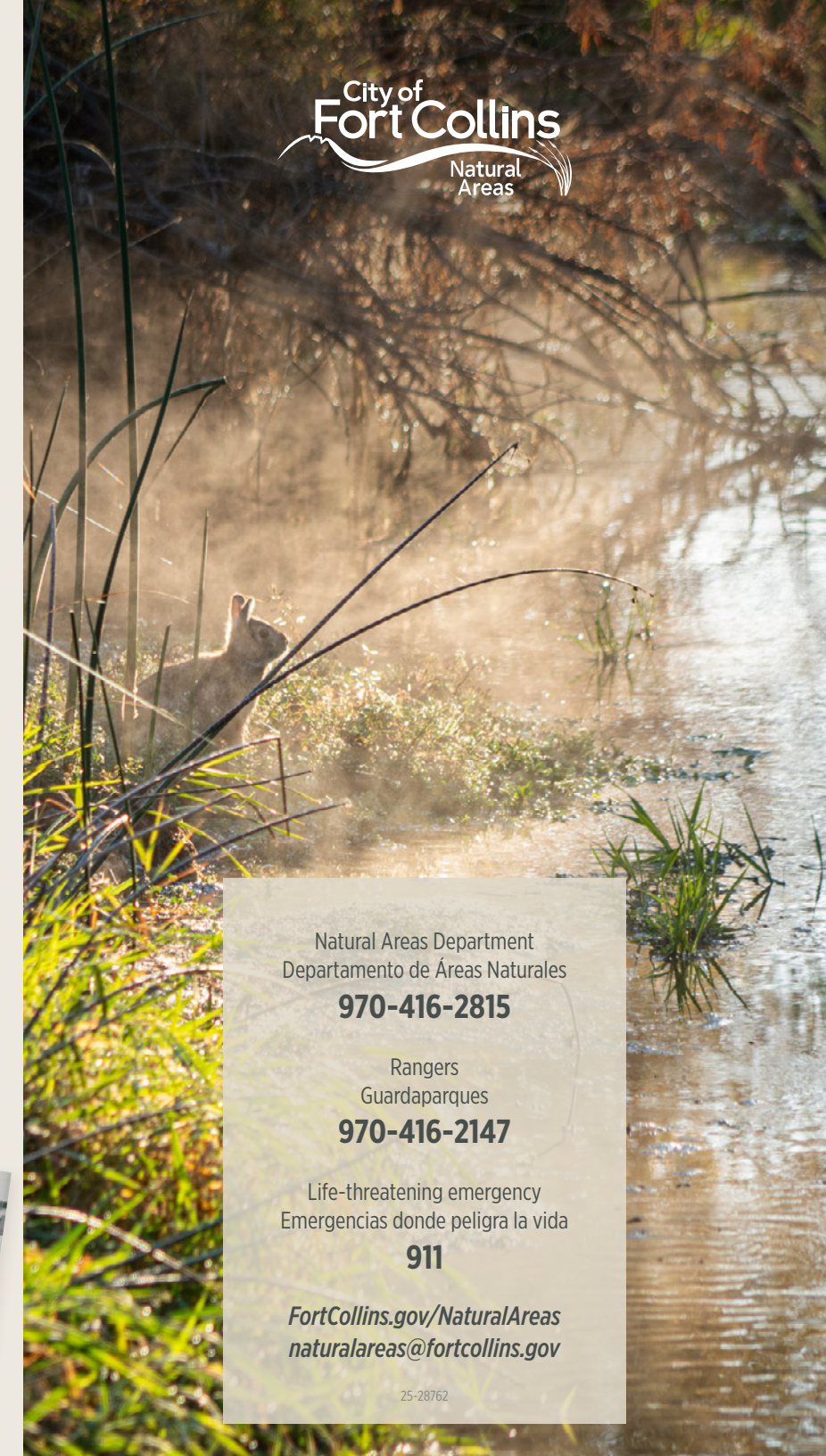
Look around and let the beauty of nature inspire a short poem or haiku. Try to capture the feeling of the moment in just a few lines.

NATURE JOURNALING -

Take a moment to sit quietly and write or draw what you see, hear, or feel.

Start with these prompts:

- Describe three things you can hear (birds, wind, water).
- Draw the outline of a tree or leaf, paying attention to its details.
- Write about the weather or how you're feeling as you sit in nature.



Natural Areas Department
Departamento de Áreas Naturales

970-416-2815

Rangers
Guardaparques

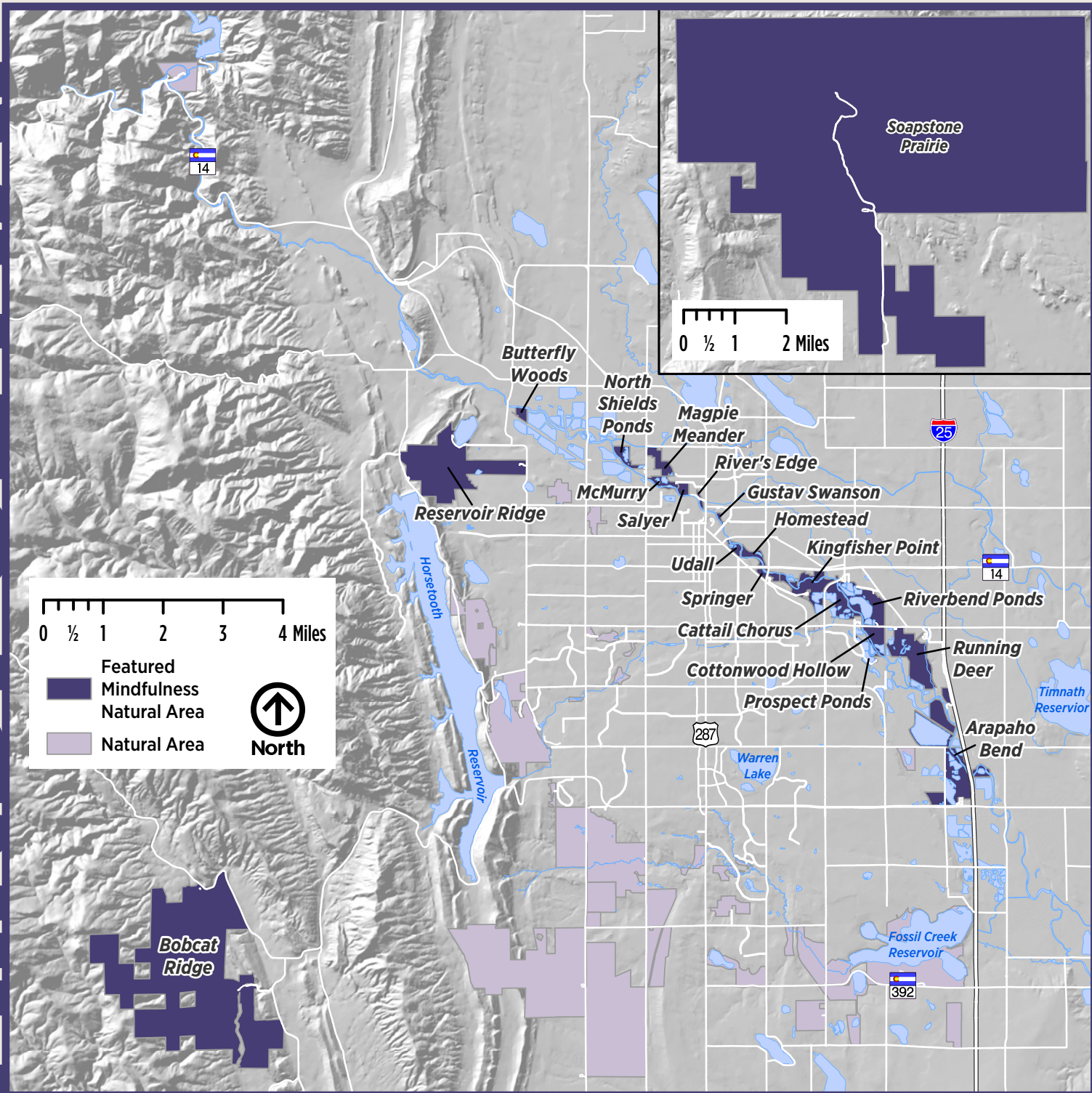
970-416-2147

Life-threatening emergency
Emergencias donde pelagra la vida

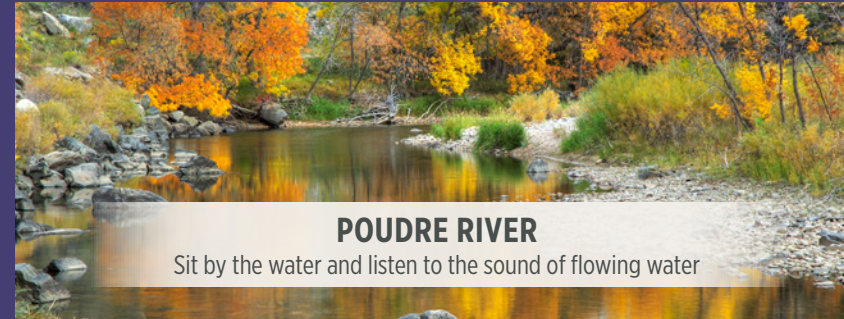
911

FortCollins.gov/NaturalAreas
naturalareas@fortcollins.gov

MINDFUL MAP

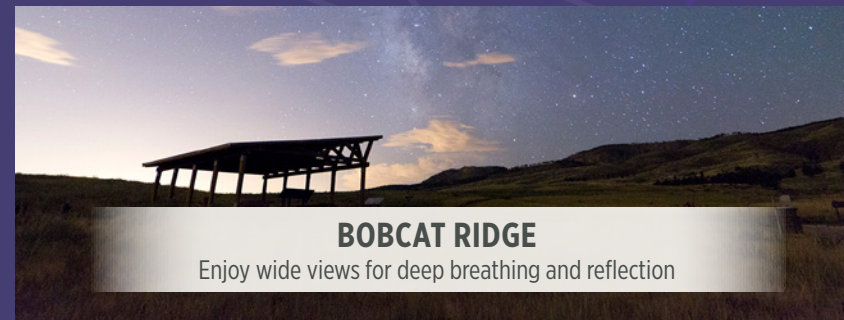


YOU CAN FIND A PEACEFUL SPOT TO REST & RECHARGE IN EVERY NATURAL AREA.



POUDRE RIVER

Sit by the water and listen to the sound of flowing water



BOBCAT RIDGE

Enjoy wide views for deep breathing and reflection



SOAPSTONE PRARIE

Find quiet spaces to sit and observe wildlife



RESERVOIR RIDGE

Walk the trails and engage with the surrounding landscape

MINDFULNESS IN NATURE ACTIVITIES

BREATHING EXERCISES -

Sit or stand comfortably. Close your eyes and take a deep breath, inhaling through your nose for 4 counts, holding for 4 counts, and exhaling slowly for 4 counts. Repeat for 3-5 rounds. Focus on the sensation of breath as it enters and leaves your body.

GROUNDING EXERCISE -

Stand or sit with your feet on the ground. Close your eyes and feel the connection to the earth beneath you. Pay attention to the texture, temperature, and sensation of the ground supporting you.

MINDFUL MEDITATION -

Sit quietly and focus on your breathing or a specific object in nature (a flower, tree, or rock). Let thoughts come and go without judgment.

FIVE SENSES WALK

Take a slow walk in nature, engaging each of your five senses:



SEE -
Notice colors, shapes, and patterns.



HEAR -
Listen for birds, wind, or water.



SMELL -
Breathe in the scents of plants, trees, or the earth.



TOUCH -
Feel the textures of leaves, rocks, or bark.



TASTE -
Taste the air! Extend your tongue out, take deep breaths, and allow the flavor of the landscape to touch your tastebuds.

