



**HAPPY CITY
WALK LEADERS' LEAFLET
NO.4**

Walking with wide eyes

THEME Noticing

This **noticing** walk helps you catch sight of the beautiful, notice the unusual and savour everyday small things. By noticing and reflecting in the moment we can get more pleasure out of each positive experience, however small.

What we notice and how we look at the world has a huge impact on our happiness and wellbeing.

Noticing, savouring and practicing gratitude regularly help develop self-awareness, optimism, energy, hope and forgiveness.

It's even said to improve sleep, fitness and blood pressure!

We can boost our **noticing** by becoming more aware, curious and appreciative of what is around us, noticing what brings happiness and what is working. These simple acts bring benefits to your health and happiness that go well beyond the moment.





5 WAYS TO WELLBEING

Preparing for the walk

Choose your **noticing** theme or themes.

EITHER decide to have one thing to **notice** as a group,

OR each walker chooses a version of the theme (e.g. **everyone notices red things, or I notice yellow ones, you blue and someone else pink...**)

Introducing the walk

Introduce everyone to the theme of the walk – **noticing**.

Invite people to use the theme of spotting a colour/shape etc as a way to become really aware of their surroundings. Tell people it's less about what they're looking for and more about how much they are looking in every corner of the landscape to find it!

People can also be encouraged (time permitting) to stop, or slow down and really appreciate at least one of the things they notice.

The bite-sized version

If you don't have time for a full themed **noticing**, you could just ask each person to decide before the walk, one thing they are going to 'look out for' this time.

The walk & talk activity

These themes are not the important thing about this walk! The purpose of choosing a colour or a shape is to help us really walk with our eyes wide open. The more common the theme, the more chances we have to notice it, and the more we notice, the more we benefit!

Suggested **noticing** themes:

- 1. Colours** ♡ e.g. spot the colour red – in nature, street art, building, people...
- 2. Shapes** ♡ e.g. spot things & images that are 'triangular' all around you
- 3. Letters** ♡ e.g. spot 'P' in written form on signs etc, or things beginning with P
- 4. Numbers** ♡ e.g. either in written form on signs etc, or spot groups of 3 leaves, kids...
- 5. Feelings** ♡ e.g. when something you see makes you smile, or how your body feels as you walk, or how the people you're with and pass affect your thoughts
- 6. Suggest your own themes** ♡ History, Art, Food, Nature... anything that will focus peoples' minds on their surroundings





5 WAYS TO WELLBEING

After the walk

If your group has a coffee or chat after the walk, you can use this time to get everyone to share what they **noticed** with each other.

Then encourage people to get even more benefits out of it by sharing it in detail with another person (or the group) and really enjoying the memory as they do.

Please send your feedback forms, plus any great ideas, wellbeing tips, questions or highlights from the walk or the conversations afterwards, to Happy City. They will help us improve the resources and we will share them with other walk leaders around the UK.

