



**Baltimore Woods  
Nature Center**  
*Nature in your hands*

# Water Meditation



Mindfulness helps you relax and bring awareness to your surroundings. It's easier to practice mindfulness meditation when immersed in nature. Visit a body of water and focus on it for 5-10 minutes. While you are focusing, slow your breath and actively engage your senses. Close your eyes if you would like. What do you smell, what do you hear, how do you feel? At the end of your meditation open your eyes and take in what you see. Did anything change within you or in your surroundings from when you started your meditation?

Art can be meditative as well. Use water to create a picture or design. With a paint brush, or just your finger, draw on paper or a sidewalk. Watch as the water evaporates and draw something different.

