

Movement with the Landscape Worksheet

Name: _____ Date: _____

This exercise helps you explore how your body and emotions interact with the environment. By moving gently through natural spaces or practicing mindful stretching, you develop awareness of bodily sensations, emotional shifts, and your connection to the landscape.

Step 1: Prepare Your Space

Find a safe outdoor or indoor space where you can move freely. Bring awareness to your surroundings: sights, sounds, scents, and textures.

Step 2: Gentle Movement

- Begin with slow, mindful walking or stretching.
- Notice sensations in your feet, legs, hips, arms, and torso.
- Observe how movement changes tension, openness, or comfort in your body.

Prompt Questions

Where in your body do you feel movement most strongly?

Are there areas that feel restricted or heavy?

How do your emotions shift as you move?

Step 3: Connect to the Landscape

1. Imagine your body responding to the natural environment:
2. Roots of your feet sinking like tree roots into the earth
3. Shoulders flowing like branches in the wind
4. Breath rising and falling like waves or wind
5. Align your movements with these natural rhythms.

Reflection

Which natural metaphor best describes your bodily sensations right now?

Step 4: Grounding Pause

1. Stop or slow your movement.
2. Take a few deep breaths and feel the points where your body contacts the ground.
3. Imagine tension flowing into the earth and energy returning as support.

Reflection

What did you notice about your body-emotion connection during movement?

How grounded or supported do you feel now?

Step 5: Integration & Practice

Practice this mindful movement regularly, even for 5–10 minutes. If possible, aim for at least once per day. Consider journaling sensations, emotional shifts, or insights after each session.