

MINDFULNESS OUTDOORS

VOCABULARY LIST



Adjust: change slightly to make more comfortable

Awareness: knowledge that something exists

Breath: air taken in or let out from the lungs

Curious: wanting to learn more

Distracted: unable to concentrate on something because one's mind is thinking of something else

Emotions: feelings such as happiness, sadness, love, or anger which can be caused by the situation you are in or the people you are with

Empathy: the practice of imagining what another creature is feeling or experiencing

Feelings: the emotional state you are experiencing

Impermanence: lasting for only a limited amount of time

Meditation: a practice that involves focusing your attention

Metaphor: thing that is symbolic of something else

Mindfulness: paying attention to what is occurring in the present moment

Natural: existing in nature; not made or caused by humans

Notice: observe or pay attention to

Observations: what you notice when you are paying attention to something

Perspective: point of view or attitude toward something

Present: what is happening right now

Pretend: to make believe

Sensations: physical feelings in the body experienced through the five senses that humans use to perceive the world: vision, hearing, taste, smell, and touch

Silence: the absence of sound

Texture: the physical feel of something, such as smooth or rough

Transform: make a big or dramatic change

