

*"It's hard not to stand in awe and enchantment with the beauty in which nature expresses herself."
- Steve Maraboli*



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WONDER WALK



20 mins



1 Day



Alone

Fold me

Fold me

THE WHY

Whether it be a visit to Crater Lake or a hike along Multnomah Falls, have you ever stood in wonder at something bigger than yourself? That wonder or sense of awe is transcendent, helping individuals to transcend the self. In fact, research shows that feeling can help enhance positive emotions, such as generosity. Furthermore, substantial research supports the health benefits of ongoing exposure to nature.

In this activity, we encourage you to feel awe by engaging in a wonder walk. For those in Salem in March, we highly recommend a route past the Cherry Blossoms in the Capitol Mall.

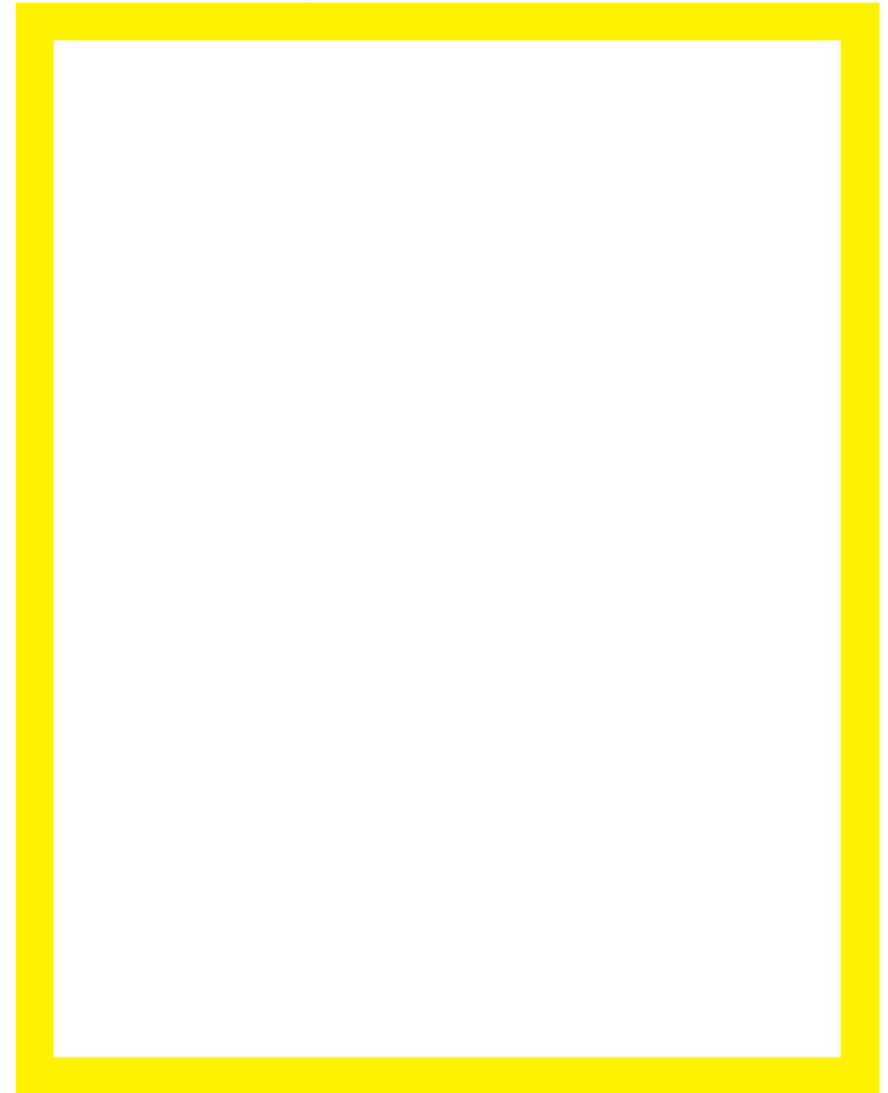
HOW TO DO IT

Before you start, be sure to leave your cell phone behind or turn it off. Plan out a walking route that will take you by scenery that is striking. As you walk:

- Count to six as you inhale and, then, six as you exhale. Focus on the air moving through your nose and the sound of your breath.
- Notice your feet on the ground and what that feels like. Pay attention to the sounds around you.
- Be open to the unexpected sights, sounds, smells and feelings that are around you.

WHAT DID YOU NOTICE?

Use the space below to note how you felt on the wonder walk and after.



Frumkin, H., Bratman, G. N., Breslow, S. J., Cochran, B., Kahn Jr, P. H., Lawler, J. J., ... & Wood, S. A. (2017). Nature contact and human health: A research agenda. *Environmental Health Perspectives*, 125, 1-18. doi: 10.1289/EHP1663

Piff, P.K., Dietze, P., Feinberg, M., Stancato, D.M., & Keltner, D. (2015). Awe, the small self, and prosocial behavior. *Journal of Personality and Social Psychology*, 108, 883-899. doi: 10.1037/pspi0000018