FREE YOUR FEET!

Lose those shoes, and reconnect to nature directly through your feet!

OBJECTIVES

- OBSERVE how your body connects to nature
- STRENGTHEN your balance skills and feet/leg muscles

BAREFOOT PATH PREP

After checking the area for barefoot safety, start collecting items to try walking on. (sticks, smooth rocks, leaves, soil, pinecones, etc.) Avoid choosing materials that could cut a barefoot walker's foot.

Lay the items out in a path for your fellow barefoot walkers to walk on.

TOE WARM-UPS

Warm up your feet and your senses by:

- wiggling your toes
- "writing" letters in the air with your toes
- raising your heels up and down
- closing your eyes and focusing on your feet

Where do you feel your feet touching the ground? Describe how the ground feels in your feet.

WALK THE PATH

- Slowly and thoughtfully walk through your path.
- Notice how each footstep and material feels compared to other footsteps. Notice how your balance is affected by different materials.
- If you would like, try the trail again with a blindfold on. Have a helper verbally guide you. How does not being able to see affect your observations?

FOOTPRINT PAINTING

Keep the barefoot experience going! Try making art with your footprints. Use water or liquid chalk paint on the sidewalk, or tempera paint on a large butcher paper.

You learn a lot when you're barefoot. The first thing is every step you take is different.

- Michel Franti