**Meander - A game about Mindful Walking**

Before playing, cut on the dotted line to make a circular hole in the card.

**How to play**

You can play the game in ‘Meander mode’ or ‘Question mode’.

In Question mode, you will have a question in mind as you walk e.g. ‘What is next for me?’, ‘What should I do regarding x?’ The card will act as an aid to draw your attention to things that might inform your answer. In Meander mode, you will simply go with the flow, enjoying how the card pulls your attention this way and that.

Each quadrant on the card has a symbol, which represents something you might encounter on your walk.

On the ‘Direction’ side of the card the symbols represent a feather, nature in an unusual place, a bicycle and a wild animal. On the ‘Sensing’ side, they are, a change in the weather, the sound of music, a display of (any) emotion, a man-made thing in the sky.

When you encounter one of these, it is time to ‘pay attention’, using some or all of the instructions / words in the corresponding quadrant of the card.

***Paying attention***

This means one of two things – either directing attention to the thing itself – the plane, the feather or the wild animal, for example, OR regarding it as a ‘trigger’ for you to follow some or all of the instructions / words in the quadrant, which will direct your attention elsewhere.

On the ‘Direction’ side of the card the arrows instruct you to look in a particular direction, left, right, up or down. This side of the card is primarily about paying attention through SIGHT.

You can look closely at something in that direction, or at something far away (not so easy when looking down). For a slightly different perspective, look through the hole in the card, if you wish.

On the ‘Sense’ side of the card, each quadrant invites you to use your senses other than sight. Taste is not included, and has been replaced with ‘feelings’ – inviting you to tune into how you feel at that time – mostly because taste is the most difficult sense to explore ad-hoc when walking.

***Other lenses / filters***

In each quadrant there are also two other ‘lenses’ which you can use to further explore the experience you are having. Play with them lightly. If they don’t add anything, or answers/insights do not come easily, don’t feel the need to force it. Maybe something will come to you later, long after your walk is over.

The inner question (What? Why? Etc.) – hold it lightly in your mind. Does it seem relevant to the subject of your attention. If it does, what might your answer be?

The outer lens (pairs of complementary words) – do either, or both of these words, add to your pleasure / understanding of your current subject of attention, or give you insight, if playing in Question mode. If they do, that’s great. If not, that’s great too.

Lastly, this is your walk, so you can choose to play this game in whatever way suits you. For example:

1. Reacting to every instance of a trigger item or ignoring them as you see fit.
2. Playing with just one, or both sides of the card (or even just individual quadrants).
3. Using instructions / words from other quadrants if you feel drawn to do so.
4. Playing with just one aspect – the direction/sense symbols OR the outer words OR the inner words, or any combination of these.

Feel free to alter your copy of this card, change the symbols, the questions, the words, anything you like, to make this game the best it can be for you.