

Objectives:

Experience mindful walking in Kaunas City and focus on positive emotions and triggers.

Materials: map of the city, paper with the tasks, pens.

Participants will be divided in groups and they have to explore the city while completing a series of tasks. The tasks are formulated as follow:

“You have to explore the city in a mindful way, try to be present every moment and take from every moment as much as you can. Explore your experience, your feelings, your senses. Try to remember as many details about every experience as you can. You will have to come back with some treasures:

- Find a way to connect in a positive way with a stranger;
- Do an act of kindness;
- Get lost – go where your feet will take you, without thinking where you are going;
- Do a fun activity together;
- Find a relaxing place;
- Collect 5 experiences that determined a positive emotion;
- Explore the city with all your senses - find something beautiful, find a sound that you like, a smell that you like, taste something delicious, feel a touch that you like. When you do this, try to be fully there, fully enjoy the experience, focus all your attention on it and explore it in detail;
- Find ideas of relaxing for the 20 way list from strangers on the street.

Take notes if you need too, because you will all share the treasures at the end.

Take pictures only if you feel like doing so and they don't interfere with your mindful state.

Debriefing: What happened? What treasures did you bring back? Was this experience of exploring a city different in any way? How? What did you like the most? What is the most valuable treasure that you have found for you?