



Your Land Snorkelling Adventure

What is land snorkelling?

Despite its name, land snorkelling doesn't require you to get wet. You don't need a mask or snorkel either. The aim is to be present, look closely at your environment and experience it using all your senses.

Think of your land snorkelling adventure as a journey without a specific destination. The aim is not to go far, or reach a particular location, but to walk slowly and mindfully. What can you see, hear, smell and sense around you?

Land snorkelling is the process of slowing down when you're walking. You're not walking from A to B – the purpose is to go slowly and pause often, taking in what is happening around you. Connect with nature, breathe in the fresh air, look at the birds and clouds, seek out the small creatures that are often overlooked but play a vital role in our ecosystems.

Do I need to be on the coast?

No, you can go land snorkelling anywhere. The idea of these sessions is to help you reconnect with the ocean, but you can use this practice anywhere while you're out and about.





A checklist for your land snorkelling adventure

- Plan your route in advance.
- Check the weather conditions before you go out.
- Check the tide times (if applicable).
- Charge your phone.
- Take some water in a refillable bottle.

At the start of your land snorkelling session...

Put your phone into airplane mode or turn it to 'do not disturb'.

Take a minute to be present before you start walking. Look at the water. Engage all of your senses. What do you see, hear, smell, feel and taste?

Take two deep breaths in and out, while focusing on the sea. Breathe in for a count of four and out for a count of four if that helps. Remember your second breath comes from the ocean!





After your land snorkelling session...

Take a bit of time to complete one (or more) of these suggested reflection exercises:

- Write a list of everything you remember from your experience in 2 minutes or less.
- Write down one new thing you learned during your experience.
- Draw/sketch a picture of your most memorable object / item from your walk.
- Create a poem or song about your experience or something you especially liked.
- Write a short story about 3 objects / items from your Bingo card.
- Think of one object/sound/smell that should be added to your Bingo card.





Reflection Space

