

Barefoot Wander



The Barefoot Wander is a sensory walk that can be done using trays, areas on the ground or on tables using hands rather than feet. Each space offers wondering questions connected to a natural material.

Psalm 23

The LORD is my shepherd, I lack nothing.

He makes me lie down in green pastures,

he leads me beside quiet waters,

he refreshes my soul.

He guides me along the right paths for his name's sake.

Even though I walk through the darkest valley,
I will fear no evil, for you are with me;

your rod and your staff, they comfort me.

You prepare a table before me in the presence of my enemies.

You anoint my head with oil;

my cup overflows.

Surely your goodness and love will follow me all the days of my life,

and I will dwell in the house of the LORD forever.

**THE HOLY BIBLE, NEW INTERNATIONAL VERSION®, NIV® Copyright © 1973, 1978, 1984, 2011 by
Biblica, Inc.® Used by permission. All rights reserved worldwide.**



Feel the wool with feet or fingers , if it is tangled how does it feel to untangle it? You could break a piece off to carry with you.



Barefoot Wander



Wool or cotton.

*As you hold or feel the
wool what thoughts,
attitudes or feelings do
you need to untangle
and leave at this space?*

The LORD is my shepherd, I lack nothing.

I wonder where you imagine the grass to be?
What would the weather be like?

Barefoot Wander



Grass

As you stand in the
grass take deep
breaths and invite the
God of Peace into your
space.

He makes me lie down
in green pastures,

Feel the water, is it cool or warm?



Barefoot Wander

Water

*What do quiet waters
feel like?*

*Allow God to cleanse
and refresh you.*

he leads me beside quiet waters,

Trace a pattern in the sand or look at your footprint.

Barefoot Wander



Sand

*I wonder if you can see
God's footprints in your
life?*



*I wonder what pathways are
in your life?*



He guides me along the right paths
for his name's sake.

Listen as you step.



Barefoot Wander

Leaves

*I wonder if the leaves
feel uncomfortable?*

*I wonder if the leaves
have life?*

Even though I walk through the darkest valley,
I will fear no evil, for you are with me;

Barefoot Wander

Sticks

*I wonder how sticks
could bring comfort?*



*I wonder if the sticks
feel differently under
your feet to in your
hand?*

Your rod and your staff,
they comfort me.



Barefoot Wander



Pause and share something to eat.



I wonder how it feels to be
invited to eat somewhere
special?

I wonder if there are
people you need to
restore relationships
with?

You prepare a table before me
in the presence of my enemies

I wonder what you are chosen for?



Barefoot Wander



Oil

How does the oil feel now and
when you leave the moment?

Anointing was used as a way to
show someone was chosen, special,
important.
I wonder in what ways you are
special?



muddy
church

You anoint my head with oil



Barefoot Wander

Water

Pour the water to overflowing
I wonder how full overflowing is,
can you fit any more in?

How does it feel to
have more than is
needed?

I wonder where your life is
overflowing?



My cup overflows...

Barefoot Wander

Reflection

Looking back on the wander
what do you see, remember,
feel?

Where can you see
goodness and mercy in
your life?

Surely goodness and mercy will
follow me all the days of my life

Barefoot Wander

Take a moment to pause
and dwell

How does it feel to be
sheltered?



And I will dwell in the house of
the Lord all the days of my life.