Try going beyond a regular walk and incorporate some principles behind the Japanese practice of *shinrin-yoku* or forest bathing. Simple changes to your walking routine could reap numerous benefits. Share your experiences with us #YYCZooSupportingYou

Put on your listening ears: can you focus on different sounds? Can you hear the wind blowing leaves, birds calling or insects scurrying?

Engage your sense of touch: what does the bark feel like on different trees? Are there puddles to splash your hands in?

Forget about your step goals: slow down dramatically and focus on covering less ground with more keen attention on your surroundings.

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