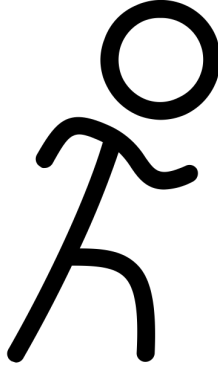


Making the World by Walking



Created by Ronan Peyron
from Noun Project

Blurb

This unit is intended to help you take a walk and open your various senses to experience the world around you in a rich way.

The walk can be as long or short as you want and can be anywhere you want- countryside or urban, round school or at home.

You can do the walk as often as you like as there are several different focuses here for you to choose from and you can add your own once you have exhausted these.

Timeframe and Practicalities

This unit encourages you to develop a habit and direct your attention in different ways. To get the most of it you need to do this activity several times which each time being a decent walk of maybe an hour or so.

Outcomes

Entries in a walking journal, a scrapbook or a slideshow of photos would all be good outcomes for this project.

Content

Step one: Choose a route and a companion.

The first step is to map out a walking route that you can access easily and regularly. If it can be quite a diverse route with different kinds of natural and urban landscape that would be perfect but the main thing is that you can easily do the same walk regularly. Have a rough mental map of the route you are going to take so that you have some idea how long it will take and what you might need.

This is a great activity to do with a friend as you will spot more with two sets of senses. You can do it alone but if you can find a friend who lives nearby that is wonderful.

Step two: Prepare.

Make sure you have what you need. Be mindful and think about taking care of yourself.

Here are a few ideas to use as a checklist:

Water bottle, clothes in case it rains, sun screen, bug spray, money, photo ID, travel card, phone, camera, emergency contact details, anything you need for the activity itself.

Be safe- tell someone where you are going and have a plan in case you get lost or something goes wrong.

Safety Plan:

- Stop, Breathe, Think.
- Work out where you think you are- look at landmarks, shop names, signposts, transportation stops, footpath signs.
- Work out how to get in touch with your emergency contact.
- Use a different contact if that does not work- friend, police officer, transport worker, shop worker.

Step three: Choose a focus.

Choose a focus for your walk. One that interests you and suits the walk you want to take.

A list of possible focuses is presented below.

Tune in.

Before you set off, or early on your walk, do a tune-in activity.

Do some 7-11 breathing- count of 7 in and 11 out. This keeps breathing slow and relaxing and helps change state to something calmer and more attentive.

Pick a place to look at or close your eyes.

Begin 90 seconds of silence and quiet breathing to tune in to the environment.

As the 90 seconds are up start to ask yourself questions like these and more related to your focus:

- Which way is the wind blowing?
 - Where is the sun?
- What sounds are there in the area?

Step four: Record/Share your findings.

Consider after your first walk how you want to record your walks. Did taking photos work well? If so create a slideshow or a scrapbook. Does it work better for you to create a walking journal to record your impressions?

Whatever is your preferred method, begin now to build this up as a record.

Help & Submission

TEACHERS: use this space to tell students how they can get help and how to share work they want to celebrate and highlight.

If you find this helpful or have Flexible Learning suggestions, get in touch:

[linkedin.com/in/douglaskidd67](https://www.linkedin.com/in/douglaskidd67)

Possible focus choices.

Photo Walk.

Equipment: Camera

Choose five places around the walk where you can take a photo you think is interesting. Try to pick places that will be easy to remember- where you can stand in exactly the same place over and over again.

Your aim in this activity is to take the five photos that sum up your walk, then try to do the walk a few more times, at different times of day, in different weather, different seasons and build up a series of pictures of the same scene that reveal how changeable the world is.

Create a document for a post on the Padlet that reports your notes and photos.

Animal Walk.

Equipment: Camera or notebook.

We share the world with many other animals, even in the heart of the city. In this walk we want to focus on the macro world- birds, reptiles, mammals. Look for the animals around you. Sometimes you will be lucky enough to see animals, sometimes it will be their signs- footprints, leftover meals, feathers, snakeskin, droppings.

Try to think like an animal and look at their level too.

Take photos or make notes of what you find.

Create a document for a post on the Padlet that reports your notes and photos.

Weather Walk

Equipment: Camera or notebook.

The weather in Hong Kong rarely stays the same for long. The wind shifts around hills and buildings. The temperature changes depending on microclimates created by city and nature. Humidity and even rainfall change throughout the day.

On this walk, stop every 5-10 minutes or so to reassess what's happening. Stop sooner if you are tuned in enough to spot a change yourself.

Be a detective and think like a scientist- what caused the change?

Take photos or make notes of what you find.

Create a document for a post on the Padlet that reports your notes and photos.

People Walk

Equipment: Camera or notebook.

We share the world with many other people, even in the countryside you will see people or signs of what they have done.

On this walk we want to focus on the world of people. How do they move, where do they speed up, where do they linger? If you see crowds, how are they managing to move around without tripping over each other? Where are there blockage points, where do the crowds thin out? If you are out in the country, sometimes it will be the signs of what people have done- footprints, paths, graves, bonded villages, rubbish. What do you find and why is it there?

Take photos or make notes of what you find.

Create a document for a post on the Padlet that reports your notes and photos.

Invertebrate Walk

Equipment: Camera or notebook.

We share the world with millions of invertebrates, even in the heart of the city. In this walk we want to focus on the micro world- ants, spiders, cockroaches. Look for these tiny animals around you. Sometimes you will be lucky enough to see animals, sometimes it will be their signs- webs, ant hills, droppings, nests.

Try and look at their level too.

Take photos or make notes of what you find.

Create a document for a post on the Padlet that reports your notes and photos.

Plant Walk

Equipment: Camera or notebook.

We share the world with plants, even in the heart of the city. In this walk we want to focus on the plant world. Look for the plants around you. In the countryside that will be easy- in fact the trick will be to tune in to individual plants and try to learn a few species. Draw the leaves, do a bark rubbing, smell the flowers, look for fruits- but don't eat anything unless you are completely sure it is safe! IN the city you will still find lots of places where plants are growing- trees spreading across the slopes, moss on walls, flowers in abandoned buildings, potted plants that humans want to grow.

Take photos or fill your notebook with what you find.

Create a document for a post on the Padlet that reports your notes and photos.

Literacy Walk

Equipment: Camera or notebook.

We fill the world with language. Humans put up signs, shop names, advertising boards. In the countryside we label our pathways, write numbers on village houses (often three numbers showing the size of the house), and label dangers such as slopes or flash floods. On this walk you are looking for the language you can find- English, Chinese, words and numbers. Where you can, work out what it means. Translate, find the name of the path you're on, work out how old the sign might be. Be a language and history detective.

Take photos or make notes of what you find.

Create a document for a post on the Padlet that reports your notes and photos.

Senses Walk

Equipment: Notebook.

The world is open to all our senses. Because sight tends to be what we use to co-ordinate everything else, this walk encourages you to stop and close your eyes from time to time.

Listen, smell, feel the vibrations and what your skin can tell you.

Choose 5 places on your walk where you think it is safe to do this and sit/stand still, close your eyes and let your other senses tune in.

Note down everything you find.

Create a document for a post on the Padlet that reports your notes and photos.

Now make up your own!