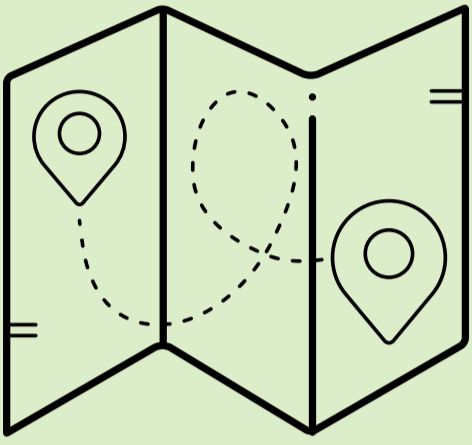


Greenhillock at Home

MINDFUL WALK



WHAT YOU NEED

To mark mental health awareness week this activity is based on the five ways to wellbeing; connect, take notice, be active, keep learning, give.

This activity is designed to be very simple so the basic materials are somewhere you can walk around, paper and pencil, crayon or pen. The 'what next' section needs a newspaper or two and black felt tip pen.

STEP 1

Connect

If you can, go outside as a group. Form a circle. Take a deep breath and turn so you are all facing outwards. If you are comfortable, close your eyes. (You can still do these steps if you are on your own just miss out the circle).

Spend a minute connecting to your environment. Really feel the ground beneath your feet. Now listen carefully and make a mental note of five things you can hear.

After a minute turn back into the circle and compare notes. Did you all hear the same things or different sounds?

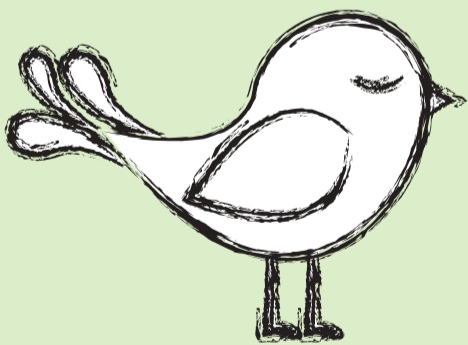


STEP 2

Take Notice

You are going to go on a walk, you don't need a big space you can go several times around your garden, house or both. If you can get to a park even better.

The aim of the walk is noticing. Before you start decide on a cue. This could be internal such as every ten breaths or twenty steps or external such as every time a bird sings or a car goes past.

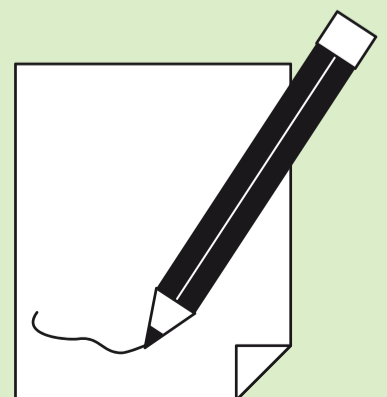


STEP 3

Be Active

Set off on your walk. You can walk as a group but it works best if you use your own cues to record a personal set of words.

Each time a cue is triggered, use your pencil and paper to write down a word or phrase which describes something you can see, hear, smell or feel. Keep doing this until you have between ten and twenty words or phrases.



STEP 4

Keep Learning

Find somewhere comfy to look at what you've recorded. What connects your words or phrases? Which are your favourites? Can you arrange your words into a poem, it doesn't need to rhyme.

Does your poem go in the order of your walk or perhaps it is organised alphabetically? See below for examples.



STEP 4

Give

Share your poems with each other. Try listening to other's poems with your eyes closed. Allow them to paint a picture of their walk, can you imagine where they are at each point in the poem?

When everyone has shared their poem ask are there any similarities? Did you notice the same things or were all the poems very different? Perhaps one person noticed lots of sounds and someone else focused on sights. Sometimes how people experience the world can be very different.

Examples of poems

Poem For The Senses

Sweet blossom
Gust of wind
Water splashing
Freshly mown grass
Warm sun on my face
Children laughing
Damp leaves
Snapping twigs at my feet
Birds singing in the trees

This poem has a theme which goes something smelt, something felt, something heard, something smelt, something felt, something heard and repeat. It also follows the progress of a walk, starting off by the pond, walking across the grass and into a little wood. Can you picture these places at Greenhillock?

Barking Dog
Aaatishoo
Radio blaring tunes
Kerbside chat
Infant crying
Ninaw ninaw
Giggles
Dog barking
Our mum, trampolining
Giggles

This poem is based on sounds you might hear in an urban garden. Can you find the hidden word in the poem. Sometimes it can be fun to spell out a word with the first or last letter of each line. This is called acrostic poetry. Experiment with making poems based on short words first or can you do one using your name? Or simply arrange your words or lines in alphabetical order using their first letter.

WHAT NEXT

If you enjoyed this activity you can experiment with different ways to make found poetry. An easy way is to get a newspaper and tear out words which catch your attention. Arrange your words so that they tell a story. You can add in extra words if it helps you tell your story how you want. It can be fun to do this as a group.

Don't worry too much about how much sense it makes. Edward Lear, famous for writing 'The Owl and the Pussy Cat', wrote mostly fantastical nonsense rhymes.

Another way to write newspaper poems is to take a felt tip pen to a newspaper and score out most of the words so only a few remain. Its really easy to create a story this way. Try it out, have fun. If it goes awry simply turn to the next page and try again!

We would love to see your finished creations and hear your stories. Please post pictures and videos to our Facebook page or email kate@greenglamping.co.uk.