

DISCOVER THE EXTRAORDINARY IN THE ORDINARY.
WHAT IS THE DIFFERENCE BETWEEN LOOKING AND SEEING? HEARING AND LISTENING?

TAKE A WALK, AND DISCOVER.

Walk in Wonder



FREE WALK

Use walking as a learning tool. Walk freely in a familiar, preferably quiet, area (no devices and minimal talking). Let your attention wander and see what jumps out at you. When you return, write freely in your journal about what you noticed and what thoughts or observations stirred in your mind.



SENSORY WALK

During this slow walk, focus on what you see. Next, what do you hear, feel, smell? Stop and close your eyes for a few moments. Do you observe anything you didn't before? Notice slowly. Write down at least 4 things you wondered about what you observed. Feel free to add sketches to your journal.



SEARCHING WALK

Decide on something you will search for on this walk. It could be a sound, object, color, pattern, behaviour, etc. Stay focused in your search. Turn over rocks, look up and look down. Write down or sketch what you find. Did anything surprise you? What questions do you have about what you found? Or didn't find?



NOTICE WALK

Take this walk in a familiar place; somewhere you have been many times before. Actively search for things you've never noticed before. Look to the ground, the sky, left and right. Listen. Try to do this in your daily routine as well. On the bus, on a family drive, in your classroom or looking out a bedroom window. What questions do you have about what you've now noticed?



CREATIVITY WALK

There is something about walking that can stir creative thoughts. Multiple studies have shown it! On this walk, use your surroundings to invent a story that explains or explores something. How did that tree come to be shaped like that? What lies beneath the surface of that pond? How did that brick fall out of that wall? You do not need to be scientific, just creative!



PHOTO WALK

Choose a theme for your photo walk. Color, shape, pattern, perspective, small scale, large scale, signs, animals, insects, clouds, broken items, etc. Stick with your theme. Try taking a picture of the same thing but experiment with different angles and distances. Take the same picture at different times of day or even seasons. What do you notice? Share your work through an exhibit or collage!