

Take a Walk

Environmental Awareness, Senses, Connection



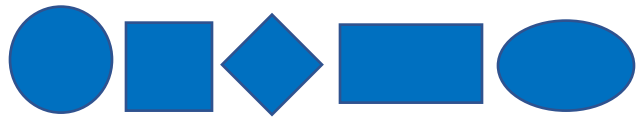
Aside from being good exercise and guaranteed fun, these mini-walks are a great way to really look at and appreciate parts of the environment around you.



MATERIALS: Optional – paper and pencil.

DOING IT:

1. **Shape Walk:** Look for natural shapes. Find two of each of the following: circle, square, diamond, rectangle, and ellipse.



2. **Colour Walk:** List as many colours as you can spot. Or, choose one colour and find objects of that colour. Distinguish between lighter and darker shades.



3. **Change Walk:** Make a list of all the changing things around you (e.g. bird landing, plant bending in breeze, twig breaking as you pass). Which changes aren't irreversible?



4. **Question Walk:** Ask questions and don't worry about answers. The only "answer" allowed is another question. Questions must be about things on the walk. How many questions can people pose? What is the longest question chain (i.e. a question that leads to a related question) you can make? Example of a question chain: Do you see any living things on that stump? Does rotten wood hold water like a sponge? How many colours can you see on the stump? What animal does the stump look like? (If you want, you can talk about answers after the walk!)



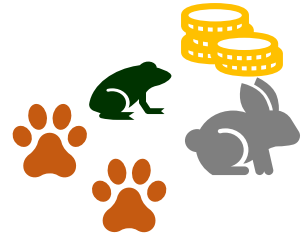
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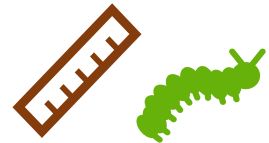
5. **Stop, Look, and Listen Walk:** Walk for a certain number of steps. Stop for 30 seconds. Record all objects heard and seen. Repeat.



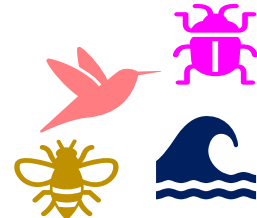
6. **Coin -Flip Walk:** To start the walk, flip a coin: heads go right, tails go left. Look for unusual or interesting objects. Stop to look at them closely. At each stopping point, flip the coin to determine a new direction.



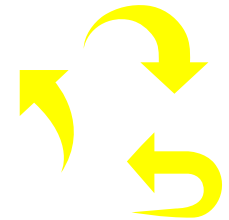
7. **Centimeter Walk:** Identify things that are one centimeter long, wide, high, or around.



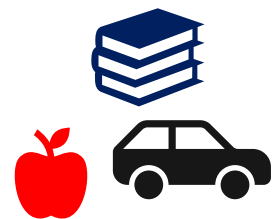
8. **Silent Walk:** Walk quietly, without speaking. Listen Carefully. Make as little noise as possible to discover how many sounds you can hear.



9. **Up, Down, Around Walk:** While walking, look for objects from one field of view – looking up or down, for example. On the next walk, change your view.



10. **ABC Walk:** Find living and non-living things that begin with each letter of the alphabet. If certain letters are posing serious problems, people can use an adjective beginning with the required letter to describe an object.



Let us know which walk you selected and send us your pictures to Mrs. Gray's email, carri.gray@nbed.nb.ca!