

Instructions for a
Walk/Walks/Walking

Introduction

This set of instructions can be followed in any combination you choose. For example, it can be followed as one long walk, or section by section as multiple short walks, or by combining sections in any order. It is a framework to be used, reused, responded to, and edited in any way you want to. Each section comes with two options, one for a walk in a landscape of the mind, and one for a walk in a physical landscape. Walk however you are able to, whether that's mentally, with your feet, with your wheelchair, with a friend, with support, on your own, whatever you are most comfortable with doing. Take as much or as little time as you need or have, but make sure that you actively engage in slowing down and setting aside the fast pace of life for a while. It is your responsibility to look after yourself and be safe in your decision making throughout this process, and finally, have fun, relax, and enjoy yourself!

Locating

First, find your walk by either settling yourself down somewhere comfortable to think, or selecting a walking path (familiar or unfamiliar) of your chosen duration (each section takes 10-20 minutes).

Wherever you are, make sure you are appropriately equipped and, if walking, are somewhere you feel safe.

Looking

Think about a place you've been to/would like to go to, or imagine your ideal walking environment. Close your eyes and spend some time imagining yourself moving through that place slowly. What do you see around you? Think about large and small scales - big objects and tiny hidden things. Think about their textures - what do they feel like if you touch them? Imagine yourself touching one of the things you can see and what it feels like against your hand. Respond to your walk and its sites and textures in any way you choose (drawing, painting, written notes, audio recording, video recording, map making, selected objects etc) during or after your walk. Do this for 5-10 minutes.

Set a 2 minute timer and begin walking (or walk for roughly 2 minutes if you have no timer). As you walk, look around you at what you can see - big things and little details - colours, shapes, lines and textures. After 2 minutes, pause and look around you, and choose one thing to touch, considering what it feels like. Respond to your walk and its sights and textures in any way you choose (drawing, painting, written notes, audio recording, video recording, map making, collected objects etc), as detailed and in depth as you can. You may choose to do this as you walk or after. Reset your timer and start walking again. Repeat this until you've done it 5 times.

When you are finished, store these responses somewhere you can return to them or add to them if you choose to, however the act of noticing and responding can be an end in itself.

Listening

Think about a place you've been to/would like to go to, or imagine your ideal walking environment. Close your eyes and spend some time imagining yourself moving through that place slowly. Think about what sounds you'd like to hear. Respond to your walk and its sounds and volumes in any way you choose (drawing, painting, written notes, audio recording, video recording, map making, selected objects etc), try doing so in a different way to a previous walk if you can. Do this for 5-10 minutes.

OR

Set your timer for 5 minutes and begin walking. As you walk, listen to the sounds you can hear around you, including sounds that you are making. If you can, respond to them as you go (drawing, painting, written notes, audio recording, video recording, map making, selected objects etc). After 5 minutes, stop for a moment and listen to the sounds around you. Have they changed at all since you started? Which directions are they coming from? How might you respond to this? Set your timer again and repeat once more.

When you are finished, store these responses somewhere you can return to them or add to them if you choose to, however the act of noticing and responding can be an end in itself.

Smelling

Think of your favourite smell or a smell you like. Imagine where it might come from. In your head, imagine yourself getting from where you are now to the smell (this can be as fantastical as you like). Respond to your journey any way you choose (painting, drawing, written notes, audio recording, video recording, map making, selected objects etc.). Spend 5-10 minutes doing this.

Set your timer for 10
OR minutes and begin walking.

As you walk, pay attention to any smells you pick up on your way. Where do they come from? What do they remind you of? Do you associate them with any other senses? If you can, respond to them as you go. Afterwards, turn them into a 'smell map' of some kind, in any way you choose, guiding yourself through smells and your response to them.

When you are finished, store these responses somewhere you can return to them or add to them if you choose to, however the act of noticing and responding can be an end in itself.

Doing

Imagine a place you've always wanted to go to, but (for whatever reason) haven't been able to.

OR

Close your eyes and think of yourself going to this place, going inside, exploring it. What might it look like? Who might be there? What might be there? What would you do once you were in there? Respond to this in any way you choose (drawing, painting, written notes, audio recording, video recording, map making, selected objects etc). Do this for 5-10 minutes.

When you are finished, store these responses somewhere you can return to them if you choose to, however the act of noticing and responding can be an end in itself.

Set your timer for 10 minutes and begin walking. As you walk, see how many lines you notice around you. Big lines or little lines, thick lines or fine lines, how many of these lines can you cross? Push through a gate, some shrubbery, cross a bridge, a crack in the pavement. Remember that some lines are there to protect us (and some to keep us out), think responsibly and carefully about which lines you choose to cross. Respond to this in any way you choose (drawing, painting, written notes, audio recording, map making, selected objects etc).

Considering

Set your timer for 10 minutes. For this walk, whether it's mental or physical, I want you to consider the places you cannot go. As you walk, consider why you can't go there.

Why aren't you allowed? Who, or what, is stopping you? Would you go there if you could? Respond to these questions in any way you choose as you consider them (drawing, painting, written notes, audio recording, video recording, map making, selected objects etc). When you are finished, store these responses somewhere you can return to them or add to them, however the act of noticing and responding can be an end in itself.

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