



SILENCE AND OBSERVATION WALK



Co-funded by the Erasmus+ Programme of the European Union

Simple nature awareness activity to shift the mind-set from being social with other participants to opening towards the natural surroundings followed by a dialogue that builds connection to the landscape.



Learning experience



Topic

Nature connectedness and environmental engagement



30-60 min



Participants

- Are able to observe phenomena in nature
- Are able to share their observations with others
- Have a higher nature awareness and connectedness



Suitable for outdoor sport instructors (and course participants)



Practical sessions



Outdoor F2F

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Preparation

It's good to familiarize yourself with the area in advance. The walk can be practiced in almost every natural setting. However, it is crucial that there should not be too much disturbance or noise from other people or vehicles.

Activity instruction

Part 1 – Silent walk

In this exercise, the participants have to remain silent during a short walk. You can decide a certain point where the silent walk starts and where you meet up for reflection and discussion. The difficulty is not to chat or talk to anyone close to you. Make sure that everybody agrees upon this challenge.

Reflection and discussion

Gather the group in a circle to share impressions in the group first in pairs (beehives) and then some shared with everyone. Facilitate the reflection and discussion:

- What thoughts came to people's minds?
- Did anyone feel something that was unpredicted?
- Did anyone experience new sensations that they didn't have before?



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Part 2 – Observation walk

During the further walk, the participants are asked to observe the landscape surrounding us and start a conversation about an observed phenomenon with another participant.

Observations might be how the path is marked, the forest is managed, birds observed, the importance of water at a pond or the resemblance and differences with nature at home.

Potential variation

- For the silent walk: Walk with blindfolds. Walk barefoot.
- For the observation walk: Another task for a group on an observation walk can be to find and bring a good question connected to the place to the group.



Key words

#nature connectedness
#nature awareness



Source

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