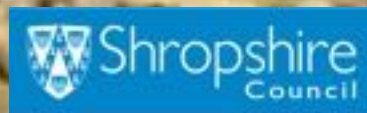


WALK WITH ME

CREATIVE WALKS WITH EMILY WILKINSON

INSTRUCTIONS & ACTIVITY GUIDE



WALK WITH ME

WELCOME TO THESE CREATIVE WALKING ACTIVITIES WITH ARTIST & WRITER EMILY WILKINSON

Walking can be creative and fun, as well as great exercise! In this set of activities, you are invited to go for a walk outside, around your house and garden, or in your mind. You can document your walk in a variety of creative ways, or simply enjoy using your imagination. These activities are suitable for all ages and can be done with materials you already have at home. There are four activities to choose from:

WRITE

PHOTOGRAPH

DRAW

LISTEN

WHAT YOU'LL NEED

All the materials for this activity are very simple. You will need paper and something to draw or write with for some of the activities, and you may like to use a sketchbook and/or notebook. Some scissors, glue and card are also needed for some of the activities. If you want to work in colour you will need coloured pencils, pastels, pens or paints. For the photograph activity you'll need some kind of camera, whether that's on a phone or a digital, SLR, film or instant camera.

YOU'LL FIND THE ACTIVITIES ON
THE FOLLOWING PAGES, PLUS LINKS
TO VIDEOS, AUDIO FILES AND
ADDITIONAL RESOURCES!

IDEAS FOR WALKING

BE CURIOUS & TAKE NOTICE

If you're walking somewhere you know, try to see it with fresh eyes. If you're doing this as a relaxation listening to the audio, let your imagination do the work! Try to take it all in, objects, nature, people, sounds you can hear. Tune in to the stuff you normally might not notice! What can you see, hear, smell, touch, taste and feel? If you're doing this quietly, enjoy your own experience - if you're doing this with someone else or as a family you could chat about what you notice.

BE AWARE OF THE SPACE AROUND YOU

You might be walking through a street, a field, a room. How does it feel to be in that space, how big or small is it, and how does the air feel against your skin? what kind of movements could you make? you could walk very slow or very fast, you could be walking towards something, or away from something.

COLLECT

You could collect things for some of the exercises, leaves, sticks, objects from around your home. what interesting things can you find as souvenirs of your walk?

MAKE THINGS UP!

It's ok to invent things, you could imagine you're from another time across history or a visitor from the future - what do you make of this place? You could reinvent the place you're in completely, choose whether to see it as it is or how you'd like it to be.

CONSIDER HOW THE WORLD IS MADE

The world around us is constructed by nature and man made materials. How do they exist side by side, where are they in harmony and where are they not? Consider the presence of the elements; air, earth, water and fire - also wood and metals.

WALK WELL

Remember to walk legally and safely, especially if by yourself, and if picking up objects avoid things that may be sharp, rusty or unhygienic. take a map if you're going somewhere new!

WRITE

WRITING IS A GREAT WAY OF RECORDING YOUR ENVIRONMENT, YOUR EXPERIENCE. HERE ARE SOME SIMPLE CREATIVE WRITING EXERCISES YOU CAN DO...

1. FREE WRITING

See if you can write continuously for 10-20 minutes about your walk without stopping. You could do this whilst on your walk or afterwards from memory. It might be sentences or just words, you could note down shapes, colours, words, people, plants, trees or animals you can see. Write down any bits of text you see; signs, graffiti, advertisements. Do any of them inspire you to write more? If you can't think of anything to write, write "*I don't know what to write*" until something comes to you.

2. I AM HERE

Write the words "I am here, and today I notice..." and complete the sentence. You can do this as many times as you like, try to come up with a few different sentences!

3. MAKE A POEM

- Go through all of your writing and pick out the sentences or words you like. Highlight or underline them.
- Then, re-write the lines onto another piece of paper or card.
- Cut your lines out with a pair of scissors.
- Re-organise them, finding which lines go with which. You can add new words if you like.
- When you're happy with your poem, glue down the lines onto a fresh piece of card or paper.
- If you like, you can carry on decorating your piece of text-art with drawings or collage, and display it at home.

1. GO THROUGH YOUR WRITING AND PICK OUT THE GOOD BITS



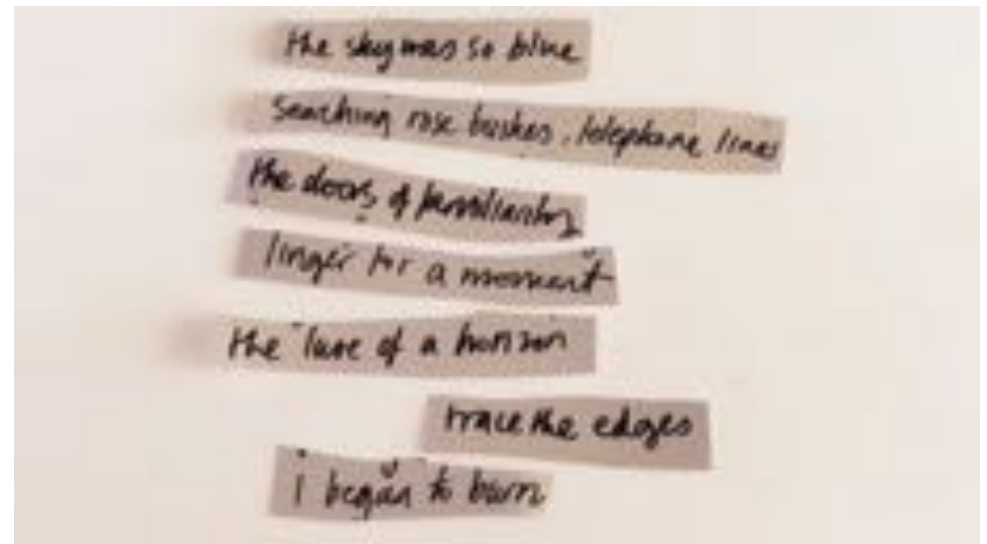
2. WRITE OUT YOUR LINES AGAIN



3. PLAY AROUND WITH YOUR LINES & RE-ORGANISE THEM



4. WHEN YOU'RE HAPPY WITH YOUR WORDS, ADMIRE YOUR POEM



DRAW

TRY OUT THESE SIMPLE ACTIVITIES ON YOUR WALK, THINK OF IT AS CREATING A VISUAL DIARY RATHER THAN DOING PERFECT DRAWINGS!

1. MAKE A VIEWFINDER

Cut a square, rectangle, circle or triangle from a piece of card - whatever shape drawings you want to make. Leave enough border to block out the sides when you look through it. These only need to be small, from a piece of A4 or A5 card will do or scrap cardboard you have lying around at home. If you'd like to print out or copy one, see the template on the next page.

2. FIND NEW POINTS OF VIEW

Viewfinder drawings If you'd like a frame to draw inside, place your viewfinder on paper or a sketchbook and draw around the shape inside it. Keep looking then drawing, looking then drawing. You could also take a photo and draw from that. Try to make a few sketches. Maybe you want to develop these further in your own way!

3. FOCUS ON ONE SHAPE

Find a shape you like (if it's a leaf or something you can take it home) and to draw the outline of that shape. Now, draw it again overlapping with your first shape. They can be different sizes. Try and fill all of your page or piece of paper and eventually you'll create an interesting pattern. You could take this further by filling in the sections - colouring in or using paint to create your own piece of abstract art.





CUT OUT THE MIDDLE SECTION AND DRAW
WHAT VIEWS YOU SEE IN THIS SPACE

CUT ALONG THE LINES TO MAKE YOUR VIEWFINDER!

1. FIND A SHAPE YOU LIKE AND MAKE A LINE DRAWING OF IT



2. REPEAT THIS PROCESS, OVERLAPPING VARIOUS SIZES OF SHAPE



3. USE COLOUR TO FILL THE SPACES AND NEW SHAPES



4. ENJOY YOUR PIECE OF ABSTRACT ART



PHOTOGRAPH

YOU CAN TAKE PHOTOS AS A RECORD OF YOUR WALK USING A PHONE OR CAMERA. TRY AND CAPTURE NEW VIEWS OF THE WORLD AROUND YOU

1. PHOTOGRAPH YOUR WALK

Go on a photo walk and document your journey in images. You could go for big views or close ups, horizons and skylines. If you're at home or somewhere you know try to capture the things that usually pass you by. You could pick a theme (such as shop signs or trees), you or someone else could be in the photos if you like. You could keep these as digital photos, print them out to put up at home. Share them with your friends and family if you like!



A TRIPTYCH (SERIES OF THREE IMAGES JOINED TOGETHER)

2. CREATE A TRIPTYCH OR MONTAGE

Choose three of your favourite images on the same theme, or three that tell a story. You can then print them out (or get someone to do it for you) and glue them onto a long piece of card - or use a photo editing app to digitally collage them together. You could also create a montage with more images, collage them together however you like.



A MONTAGE (A COLLAGE OF LOTS OF IMAGES)

LISTEN

USE THE WOODLAND WALK AUDIO MP3 INCLUDED WITH THIS SET OF ACTIVITIES, OR WATCH THE 'LISTEN' VIDEO. RELAX AND ENJOY, OR LISTEN WHILST YOU'RE WALKING. YOU CAN SIMPLY USE THIS AS A CREATIVE LISTENING MEDITATION, OR DO ONE OF THE OTHER ACTIVITIES BASED ON THE AUDIO WALK.

REMEMBER THAT LISTENING AND EXPERIENCING IS A CREATIVE ACTIVITY IN ITSELF! USE HEADPHONES TO ENHANCE THE SOUND QUALITY AND MAKE THE AUDIO JOURNEY MORE IMMERSIVE.



LINKS, CREDITS & RESOURCES

VISIT WWW.QUBE-OCA/GOODTHINGS
TO FIND VIDEO & AUDIO WALK WITH ME RESOURCES
PLUS MORE FUN THINGS YOU CAN DO AT HOME.
THE FOLLOWING MEDIA IS AVAILABLE ONLINE:

- INTRODUCTION VIDEO
- DRAW VIDEO
- WRITE VIDEO
- PHOTOGRAPH VIDEO
- LISTEN VIDEO
- WOODLAND WALK MP3

Please send photos of your 'Walk with Me'
work to art@qube-oca.org.uk

All photographs will become part of an online exhibition
on the Qube website - www.qube-oca.org.uk

You can also share them on social media
on the [Good Things to do at Home Facebook page](#)

FURTHER INFO ABOUT THE ARTIST

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Some of the walking exercises in this project
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