

I Took a Walk



AN OUTDOOR STRETCH DAY ACTIVITY

by Mrs. Szegvari, Director of Curricular Review

This activity entails taking a brief walk to find a spot to sit, to listen, and to observe the surroundings. You don't have to go far. I went just outside my door and sat in my garden. I heard so many different types of birds, saw critters as I dug in the soil, and felt the warm sun on my back.

If you want to venture further, ask a family member to join you. I sometimes like to look under logs or bigger rocks to see what I can find.

These prompts from Henry Cole's book I Took a Walk may be helpful to you when thinking about where you would like to go:

- One spring morning I went for a walk and followed the path to the woods. I sat in the cool shade and poked my head through the soft ferns. I saw.....
- I followed a stream and came to a pond. I wonder who's watching me? I sat quietly at the end of the pond and peered through the cattails. I saw...

Once you reach your site, you may want to document your experience with some of the new skills you have learned in the prior activities. Draw, take a photo, write a poem, or just sit silently and watch and listen.

So, pack up your things and head outside! And don't forget to share what you've seen, created, or documented: <https://forms.gle/NFYKH9hfy5n3S3ug6>