

Curiosity Walk & Map

Part 1: Go for a Walk

We invite you to go for a short walk. This is an opportunity to allow authentic curiosity to emerge. Before you begin, and throughout your walk, tune into your state of being. What do you notice about your physical body? Your emotional state? This degree of awareness will support your remembering of key details. Walk with the intention of being as present as possible in the experience. Tune into your senses: Allow the colors, sounds, and textures to guide the path of your walk. What catches your attention..? Is it a bird, a squirrel, a leaf floating in a spider web, a shiny new car, the color of a front door, a cloud in the sky... Allow your curiosity to be the driver of your body and lead you to explore your surroundings. Don't overthink it. Let your path be determined by your curiosity and not by a preconceived route. Look both ways and cross the street, retrace your steps, cut down an alley, etc. Feel free to stop and observe from time to time. Open up all the senses and enjoy.

AFTER you have gone on your walk, proceed to the following prompts. No Peeking!!!

Part 2: Map your Walk

Find a blank piece of paper and a pen or pencil (markers, colored pencils and highlighters are great too!) Sense in - Notice how you are feeling. Pause.

Represent your path on the page

Represent the following on paper using marks, images & symbols:

- Defining details of the space you moved through, including notable moments & observations from your journey
- Your path through the space
- Moments of curiosity, especially those that affected your chosen path (express as a symbol)

Additionally, consider including the following:

- Most poignant moment of sensation or meaning
- A changeable thing
- Movement
- Sound(s)
- Texture(s)
- An interaction with an animal
- Something ancient or timeless



- Phrases or words that mark your internal dialogue or sensations at several points throughout the journey

Include a map key or legend to explain all you include in your map (symbols, colors, etc.)

