



Self-Guided Walk

You will take a walk around your neighborhood or an area you feel safe. You will journal about your experience. You can use words, drawings, photography, etc. to document your experience. As you are walking, use all of your senses and consider the questions.

What do you hear?

Any animals or insects? (Ex: chirping, buzzing, meowing, barking, croaking, etc.) Where do you hear them hanging out? What surrounding habitat do you know or assume to be their home? Are they interacting with any human made objects?

Are these sounds being drowned out by other noises? (Ex: buses, cars, planes, sirens, trashcans, heavy machinery, etc.?)

Do you hear any people (Ex: talking, laughing, yelling, singing, etc.)

Can you hear the sound of running water? Is the flow fast or slow? Are the raindrops landing with a thud or are they soft and gentle?

What do you see?

Are people outside? What are they doing? Do you see shifts in faces as you walk by? What are the shifts? How long have you lived in this neighborhood? Do you feel the demographics of your neighborhood changing? Where do you notice this? What are those changes?

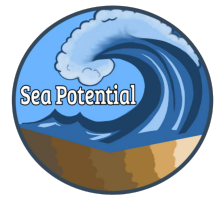
Do you know your neighbors? Have you developed friendships nearby? Did you meet friends in your neighborhood or found out they lived near you after already having met elsewhere? If you don't have friends in your neighborhood, why do you think that is?

What do you see when you look at the homes? Are they close together? Do you see people inside? Are windows open? What do their yards look like?

What kind of businesses are nearby? (Ex: restaurant, grocery, towing, hospitals, dentists, therapy, etc. Ex: Small local business vs big corporate businesses) How have you interacted with them before? Is there a balance of businesses that can meet the mental, emotional, physical, and spiritual needs of your community? If not, what is missing? Are there a lot of abandoned buildings? How close are these businesses from each other? Do any of them appear to be taking up more space than they need? How close are they to your home?

Are there green spaces? Is there grass for you to walk on or rest in? Are there parks nearby? Where would you go to play, think, cry, etc.? As you walk, do you see the differences the season has brought around? Are there trees? Are they blooming? Are the trees big enough that you can find use it's branches to shelter you from the sun or rain?

Where do you see water pooling? Does it seem to be pooling in an unusual place? What do you see in those pools of water?



What do you smell?

What do you smell in the air? (Ex: food, factory fumes, perfume, compost, sewage, flowers, etc.) Can you pinpoint where these smells are coming from?

How would you describe the smell of this season in general?

If you see water, smell it. What does it smell like? Is it mixing with the smells of its surroundings?

What can you taste?

What does the air taste like?

If you are thirsty or hungry, are there places for you to stop and get something to eat or drink? How long would it take you to get there? Would this be a pleasant walk for you? Are there barriers preventing access for others? What would you get to eat or drink once you arrived? Are there any edible fruits/plants along your walk?

If you feel comfortable, it is raining, stick out your tongue? What does the water taste like?

What does it feel like?

What is the weather like today? How does the atmosphere of the neighborhood change in response to the weather?

What is your walk like? Is it comfortable, exciting, difficult, inconvenient? Is the terrain mostly flat or there a lot of hills you have to climb? What are you walking on? (Ex: sidewalks, pavement, gravel, grass, dirt, asphalt, etc.)