

# An artists' walk

Whilst this is described as a walk, not everyone moves physically in the same way. You might follow this process using a wheelchair, mobility device or other assistance.

For more information about walking as an art practice: [www.walkingartistsnetwork.org](http://www.walkingartistsnetwork.org)

## 1. Preparation

Decide on a day and time to take a reflective walk... you might walk alone, with a friend or small group. However, keep the focus on the walk not on conversation.

Choose a location and route – where you live, near your work, a place you go to relax, somewhere new, somewhere familiar; it might be a 10-minute walk, 2 hours or longer, you decide.

You might focus attention on one type of thing – the sounds heard throughout the walk, plants encountered, the skyline; or remain entirely open to whatever catches attention in the moment.

Select something for notetaking/sketching – sketchbook, a smartphone, voice or video recorder. Your notes might take the form of sketches, writing, audio or video, rubbing/frottage. You might make notes during the walk or afterwards or both.

## 2. Setting out

Before leaving – pause – take a deep, slow breath in, hold the breath, breathe out slowly; repeat four more times.

Note how you're feeling today, in this moment; acknowledge any thoughts and feelings – you may feel calm or anxious, you may be thinking of the walk or a pressing concern. Simply acknowledge that this is your experience today.

Now focus your mind on what you intend to note during the walk – scents, sounds, colour, who or what you may meet, the landscapes, the sky.

## 3. The walk

Begin the walk, recording as you go and attending to your experience of this place and how you feel. Take breaks as you wish, sit and reflect, allow yourself to settle into the place where you are and what your senses show you.

Be prepared for chance, change and the unexpected. Be prepared for the mundane, the predictable. 'Boring' is subjective, valuable for what it tells us about ourselves and what triggers this response.

Whatever your experience, note what and why you feel this. It needn't be profound; simply hold the experience and note it. Draw, write, record, collect found objects.

## 4. Afterwards

Returning to the start, take a moment to reset: five deep, slow breaths, final notes, sketches, place found objects together to photograph.

Today you made a new collection: of memories, sketches, encounters and recordings. Use the material of your experience and the things you collated to feed into artmaking, your thoughts, and reflections on where you are and where you find yourself in your life and the things that matter to you.