



WALKING STORY CIRCLE EXERCISE

DESCRIPTION: explore the complexity of eating, growing and accessing food in your community by walking through it.

OBJECTIVE: to have an open conversation that responds to the sights, sounds and tastes of your neighborhood and that can generate ideas for digital stories.

TIME: 90 Minutes

MATERIALS: maps, compass, bell or apple



STEP BY STEP:

1. Explain the route and outline the plan for the walk.
2. Commence the walk with a silent walking meditation that allows participants to tune into the rhythms of their breath and environment.
3. Bite an apple to notify participants that the walking meditation is ending and the food discussion is beginning.
4. Pose key questions in response to the surrounding edible or inedible environment. Participants engage in a group dialogue while walking.
5. Bite an apple to indicate the start of the final walking meditation, which lasts for the duration of the walk.
6. Gather together immediately after the walk to reflect on the experience and identify starting points for digital stories.

VARIATIONS: You may choose to decide upon a predetermined route or wander spontaneously. Also, you might invite 'local storytellers' to participate in the walking event.

