PLANNING FOR AN UNPLANNED WALK

Meet a friend for a walk in your local area where your route is unplanned and where you are led by your senses, interests, intuition and feelings.

Instead of making an everyday journey to get from A to B, let’s ramble, slow down to an amble and become responsive as we move.

What can you see, hear, smell and feel? Which way now?

What was here before? What is here now? What might be here in the future?

Make sure you have at least 30 mins for your walk, the longer the better.

With a friend, walk in any direction together, until you reach a point where you find a choice of directions.

Take it in turns to choose which way to go. At the turning point stop for a while and open up your mind and senses.

This exercise is designed by Sam Curtis and draws on the walking practices from Which Way Now? a collaborative project with the artist, children and workers from the Portman Early Childhood Centre. Which Way Now? is a Changing Play commission by Serpentine Education.