

LAB 03 The Walk

DUE: TUE OCT 11 @ 5:30pm

The intent of this LAB is to take your senses for a walk. The questions below are intended as prompts to bring you closer to a particular sense.

CREATIVE PROMPT

For this LAB you will take a walk and explore and answer the creative prompts provided below.

1. Select a place to conduct your Walk

- **Option 1 Human-made environment:** this could be walking through the suburbs, or downtown in a city or along a busy road, in a school cafeteria, or library or at a shopping mall. A place that is inhabited by other people and be predominantly “human- made”
- **Option 2 Natural environment:** this could be walking through the forest, a nature trail, or by the water side, or at a neighborhood park. Try to find a place that has minimal people and is predominately natural surroundings.

2. Prepare for the Walk

- Gather the needed equipment and review the instructions outlined below prior to taking your walk.

EQUIPMENT

1. **Camera** to take Photographs (nothing fancy your phone will do:)
2. **Paper and pencil** to write, and a firm surface to write on (like a clipboard or notebook).
3. **The list of creative prompts / instructions** listed below.
 - If you want to download the document to print it: File > Download > Word document > save to your computer.

Take a walk and follow these Creative Prompts

Be sure to take your time at each stop contemplating how you interact with your surroundings.

1. **PLACE:** Situate to the place that you want to explore for this walking lab. Record the following items:
 - a. Where is the location, (country, city, street, can you not the latitude and longitude?
The very end of Ridgemount Drive East, Comox BC. 49°41'9" N 124°54'48" W, 50M elevation.
 - b. What is the place, (describe: a bustling shopping mall, a quiet hiking trail by a stream)
At the end of my street, there's a little park clearing between the cul de sac and the next road perpendicular to us.
 - c. Why did you choose this place?
I take my dog over there when I don't have the energy or time to take her down to the forest trails. It's generally quiet, except in the mornings lots of people take their families

and pets on walks through there. It's a small grassy clearing with a path that goes to the next road over and another one that goes up through the trees to the road parallel to Ridgemount. There's lots of aspen trees and in the fall, they are usually some of the last leaves to turn colour. Right now, the grass is dormant, brittle, and straw-coloured, but in the spring, it turns into the lushest emerald you've ever seen. It's like a little not-so-secret fairy portal. As autumn progresses, more maple leaves from up the path a bit start to turn colour and fall and the whole area starts to smell delightful, and the colours make it seem warm and comfy, even on cold rainy days.

2. UP + DOWN perspective:

- a. Take time to look downward (Take 2 interesting photos - change angles and perspectives).



- b. Take time to look upward (Take 2 interesting photos - change angles and perspectives).



c. Take a photo of you that serves as a portrait but does not include your face



ACTION: Take 10-20 steps (or more steps), stop.

3. TOUCH: be as descriptive as possible

- a. Feel a surface and write down 1 sentence to describe it.

It feels brittle and weak, with a few imperfections running along the shallow ridges on the wood.

- b. Feel a second surface and write down 1 sentence to describe it.

The strands are long dormant, pale dry from the summer's heat, but as I run my fingers through them I can still feel the connection to the ground- their roots are still gripping the dirt, knuckles white and brittle.

- c. Write a sensation felt within the body and write down 1 sentence to describe it.

A clearness and cool relaxation in my chest as I imagine the nature around me taking a soft sigh as it begins to fall asleep.

4. SEE: be as descriptive as possible

- a. Describe a colour and texture of an object - do this for 2 objects

There's a small greyish-brown stick, probably a piece of snapped blackberry bush. Small imperfections mottle its surface and gently alter its texture and surface. It has subtle dips and ridges along its lengthwise, I think maybe a tiny ant might use it as a slide if it was leaned up against a rock.

A clump of grass stands out to me, and out of the ground. It grows a little taller, a little bushier, a little thicker than the others. When I wrap my fingers around it, it feels solid, like if I could pull it out of the earth, I could break a window with it. The middle of the clump still feels awake, while the outer edges of it are dormant. The middle is less straw-like and brittle, and allows gentle bends when I pull on it as the outer edges snap.

- b. Describe the texture or colour of an object surface and cross it with another sense - do this for 2 objects

→ (ie. the wetness of brown)

The stick's ridges are whispered.

The grass' tawny colour smells like well-worn brick in my mind.

- c. Take a detailed photo of one element you wrote about for this section.



ACTION: Take 10-20 steps (or more steps), stop.

5. HEAR: take 3 minutes in stillness, with your eyes closed and listen.

- a. List the various sounds you hear, a minimum of 8 sounds
 - Birdsong
 - My dog walking through the underbrush
 - A car passing the nearby street.
 - Someone is using a bandsaw or some loud white-noise-creating tool.
 - My own breathing
 - Someone in a house nearby with an open window just set something heavy down on a table
 - The person with the loud power tool stopped to hammer something.
 - A bird is skittering around in a bush nearby.

- b. Pair each sound with 1-2 descriptive words
 - Soothing birdsong
 - The underbrush snaps and creaks as my dog walks through and over it.
 - A low hum of a car passing- the gear shifts and changes the tone of the engine up and down.
 - The power tool is distant, though grating and disturbing.
 - I sniffle and try to breath quieter.
 - A heavy dish rattles the table as it's set down.
 - The white noise of the power tool is gone for a briefly interlude of banging, clanging

hammering.

- Feathers brushing against the bushes and light snapping of small twigs.

- c. Doodle on a piece of paper (lines, marks, dots) in reaction to a sound - label the sound(s) you focused on. Note how long you doodle for 20 sec, 2 minutes.



- d. Take time Listen to your breath. Write words to describe it.

I feel like I'm drinking in the cool crispness of the autumn air. When I breath through my nose, the cool shade enters almost bitingly. When I breath through my mouth, it's like drinking a glass of cold water with no texture and a soft woody taste.

ACTION: Take 10-20 steps (or more steps), stop.

6. SMELL close your eyes and take a deep breath.

- a. Write 2-3 descriptive words to explain the smell of this place

I can smell the decomposition of leaves and the sleepiness of the grass it seems.

- b. Write 2-3 descriptive words to explain the scent of a specific object in that space.

I plucked a leaf from a tree and crushed it between my fingers to smell. It smells like the colour green. Like a fresh newly grown green. It smells like a crisp apple, without the normal apple smell. Like if an apple didn't have a smell, only a texture smell? Does that

make sense? Maybe not.

ACTION: Take 10-20 steps (or more steps), stop.

7. TASTE be as descriptive as possible (*this one will be explored in your imagination:*)

- a. Write 1-2 sentences that if you could taste this sense of place, how would you describe it?

A rosehip, I believe. Though I'm not entirely sure, so I didn't dare to taste it physically! Slightly fruity, textured, fiber-y skin with slightly fuzzy seeds on the inside. Might taste like a raspberry mixed with a beefsteak tomato.

