

Session 1 - Home Activity

This activity is designed for a child + parent combination. Go for a walk together to any local shop which sells food that you use within 20 minutes of your home. If there is no available shop within 20 minutes walk of your home, go for a 40 minute walk. You may then drive/ bus to the shop for part 2 of the task. Pace your walk so that you feel you are breathing a little quicker than normal.

Part 1

On the walk:

- One partner is the talker and one is the listener. After 10 minutes, swap roles.
- What do you see, hear and feel as you walk along?
- Take turns to tell your partner what you are seeing hearing and feeling as you walk along.
- What was good or not so good about the walk?
- In your diaries, note or draw what you can remember of what your partner describes.
- You may want to note or draw what you felt in your own diary. This feedback will be part of your homework activity.