



## Love is in the air

**Type of activity** - exploring outside - a family walk in your neighbourhood



**Who is it for?** All the family

### What do I need?

- Sharp eyes, creativity and curiosity!
- Phone if you want to take photos
- Paper and pencil if you want to make a list

### Introduction

Some of us know our neighbourhoods inside out; perhaps it is a place where you were born and so was your whole family, perhaps you used to live somewhere else but have now spent a longer time here. Maybe you moved in recently and are still trying to figure out what is where and who is who.

Whatever your story is, here is an activity that can hopefully help you to look at your place with a fresh eye.

### Here's how to...

Look for heart shapes as you are walking around the streets of your city, town or village; whether you are in nature, park or just went to get your grocery.

They can be anywhere and made of anything; perhaps it is a cloud in the sky, a shadow or a heart shaped leaf. When you see one, put your hands together so they form a picture frame. Ask your family member to look through your frame so that they can see the heart or heart-shaped object.

Talk about the shapes: are you drawn to same objects? Look in similar places, and where your attention is drawn to. You can also make a mini competition on who can spot the most hearts. If you have a phone you can take photos of each shape.

How do you feel at the end of the walk?

### What now?

When you get home, write a poem or a short piece about your neighbourhood and what you love about it most; you can use the heart shapes you found as an inspiration. You can try to draw a map of your neighbourhood and recreate your walk on a piece of paper and mark places where you spotted your hearts or heart-shaped objects.