

LOCKDOWN LANDSCAPES

MAPPING MEMORIES



WORKSHOP 1A

This workshop is recommended for children and young people, with options for primary and secondary school age. This plan can be adapted to best suit the needs of your group.

This resource is aimed at 5-11 year olds and has an emphasis on: visualisations, remembrance and drawing.



Remembrance
Visualisation
Drawing



5 - 11
years old



Duration
1 hour

ABOUT LOCKDOWN LANDSCAPES

In partnership with the National Forest Company, Westminster Abbey and Sampad, the National Memorial Arboretum is exploring people's experiences of outdoor landscapes during the pandemic. A series of workshops have been developed in order to help teachers and facilitators lead a 1-hour session, reflecting back on this time and encouraging participants to share their stories.

Throughout the darkest moments of the pandemic, many people found room to breathe in their local outdoor spaces, engaging with both urban and natural landscapes alongside social and cultural assets in new ways. From gardens and public parks, to footpaths through cities and fields, these explorations of outdoor spaces gave us time to get outside, feel the air and reflect on our experiences of lockdown.

As part of the wider Lockdown Landscapes project we are inviting communities far and wide to take part in a national conversation. Through these workshops people will be able to map their memories and share stories of their outdoor experiences during the pandemic. By taking part you'll be helping us to learn more about the impact of Covid-19 on people around the nation, inspiring remembrance of those we have lost, marking the sacrifices of those who served, and encouraging us all to see the value of our outdoor landscapes and localities in years to come.

Following the workshops, all participants are invited to share a lockdown landscape memory and a photo with us online at:

thenma.org.uk/lockdown-landscapes

All of the responses will be brought together, creating a national archive of community experiences that will inspire the ways in which the Arboretum remembers and reflects on the pandemic in the future.

Glossary

Some words in this workshop may need unpacking; here's a glossary if needed:

- Workshop** A session that explores ideas and themes in a creative way.
- Landscape** Our surrounding environment, this could be urban, suburban, rural, local, distant.
- Lockdown** Time periods when our movement and access was limited due to Covid-19. Depending on where you lived, there were national lockdowns and local ones in the UK from March 2020 - March 2021. The lasting impact of lockdowns continues to have an effect on communities and individuals.



WORKSHOP PLAN

The following starter activities are intended to support the group in exploring responses about lockdown and put the pandemic in context. It is important that the group feel safe in the space or classroom before you begin.



Text following an orange speech bubble can be read aloud to participants, helping to guide them through the session.

Getting started



Together, we are going to be reflecting on the lockdown period to make memory maps based on our lockdown journeys. There is no right or wrong way to take part; all ideas and thoughts are valued and welcome. The stories your maps tell will form part of a national archive at the National Memorial Arboretum.

Thinking about this particular time might be upsetting. Please let me know if you feel upset or worried at any point or if you need to take a break.

Introduction to maps



As we are making our own maps today, let's look at a map of the UK and locate ourselves.

Encourage the group to identify where they are located on a print out or digital version. There is a map of the UK available in the accompanying resource pack or for a closer look, you may wish to use the OS map link (also in the resource pack) to show your local area.



What is a map? What do we use them for?

This activity is intended to support the group as they begin to generate responses about lockdown to contextualise this time. It is important that they feel safe in the space/classroom before you begin. You could ask:



Does anyone remember lockdown? What kinds of things were we allowed/not allowed to do? Did you go to school?

Visualisation exercise

The following can be read aloud to guide your group through the exercise. Leave a pause after each paragraph and between questions to give people time to visualise their journey.



I am now going to read out some words that will help you to think about how different life was when we had to stay indoors during lockdowns, in our households or social bubbles. As I speak you might find that pictures or images pop into your mind. This is called a visualisation. If you would like to close your eyes, it might help you to think. Please be kind to others by staying quiet while I speak.

We are in a time machine! It takes us back to the year 2020, the time of the Covid-19 pandemic when most of us were stuck indoors and couldn't go to school.

It's time to take your daily walk. Who, from your household do you ask to go with you? You walk outside and choose which way to go.

What do you see? Houses, shops, plants, trees?

You keep walking towards your favourite outdoor area.

Are there any other people? Or animals?

What is the weather like?

Do you only walk? Or run? Or skip?

You keep moving.

How does it feel to be outside?

Where do you go now?

Look up and down, and all around. What can you see?

Can you smell, taste or hear anything?

It is time to head back home, has the walk changed the way you feel? How?

Now take the opportunity to share in pairs:



Where did you go in your visualisation?

Identifying your lockdown landscape



We are going to choose an outdoor place that was special or significant to you over lockdown. This could be the same place that you visited in your visualisation, or perhaps there was an imaginary landscape you visited or a remembered place you returned to during this time. Keep this in your mind as we begin our mapping task today.

Map making activity

The maps we are about to make will be a way of telling and sharing stories, memories and meaning. These maps do not need to be accurate or factually correct and are instead meant to represent the memories the group have of their lockdown landscapes.

Depending on the materials available, the group is encouraged to draw their own maps of a lockdown walk outdoors in their chosen place.

The group should complete their maps with elements of their landscape experience, e.g. trees, landmarks, buildings, people etc. and identify the location if it is a real place.

Halfway through the activity, introduce the concept of a key (a series of symbols, pictures and words that helps to navigate a map):



How do we navigate the map? What is a key and how do we use them? Can you make a key with symbols for your map?

Feel free to reference and share the accompanying examples of 'keys' in the resource pack.

Encourage the use of colour, use any other drawing materials to hand and mix it up. If you have time, there are options to extend or develop this activity on the next page.

Exploration

Choose one question per category to answer.

This could be explored in pairs or small groups.

Category 1:

Storytelling, factual information, landmarks

- What are the three most important things to you in your lockdown landscape that you have made a map of?
- How did you connect with the outdoor space in your map? What do you do when you are there?

Category 2:

Health and wellbeing, emotions, sensory

- If you were back in the landscape of your map, how would your body feel?
- What does the landscape in your map sound, smell, feel or taste like?

Reflection

Everyone taking part is welcome to share their story with the National Memorial Arboretum online. Where possible, help participants to access the Arboretum website so that they can upload their map and tell us about their lockdown experience.

It may be helpful to close the session with:



Thank you for taking part. I/we hope that you found this activity reflecting on and sharing lockdown experiences valuable. Thinking about lockdown and revisiting memories can also be a difficult process and you might feel uncomfortable emotions coming up after our session together. Please let me know if you feel worried or upset following this workshop.

EXTENSION OPTIONS

Why not have a map sharing session with opportunities for people to talk the group through their journey. People can visualise others' journeys along the way.

Drawn maps could be extended and developed by using mixed media and processes such as collage, paint or adding natural materials.

Workshop 1A resources and support

A variety of resources and support documents are available to help you facilitate Workshop 1A. They can be downloaded from the following links.

- > **Workshop 1A Resource Pack**
thenma.org.uk/what's-on/exhibitions/lockdown-landscapes/map-your-memory/workshop-1a
- > **Workshop 1A Facilitator Guide**
thenma.org.uk/what's-on/exhibitions/lockdown-landscapes/map-your-memory/workshop-1a
- > **Wellbeing & Support Guide**
thenma.org.uk/what's-on/exhibitions/lockdown-landscapes/map-your-memory
- > **Health & Safety Risk Assessment**
thenma.org.uk/what's-on/exhibitions/lockdown-landscapes/map-your-memory

