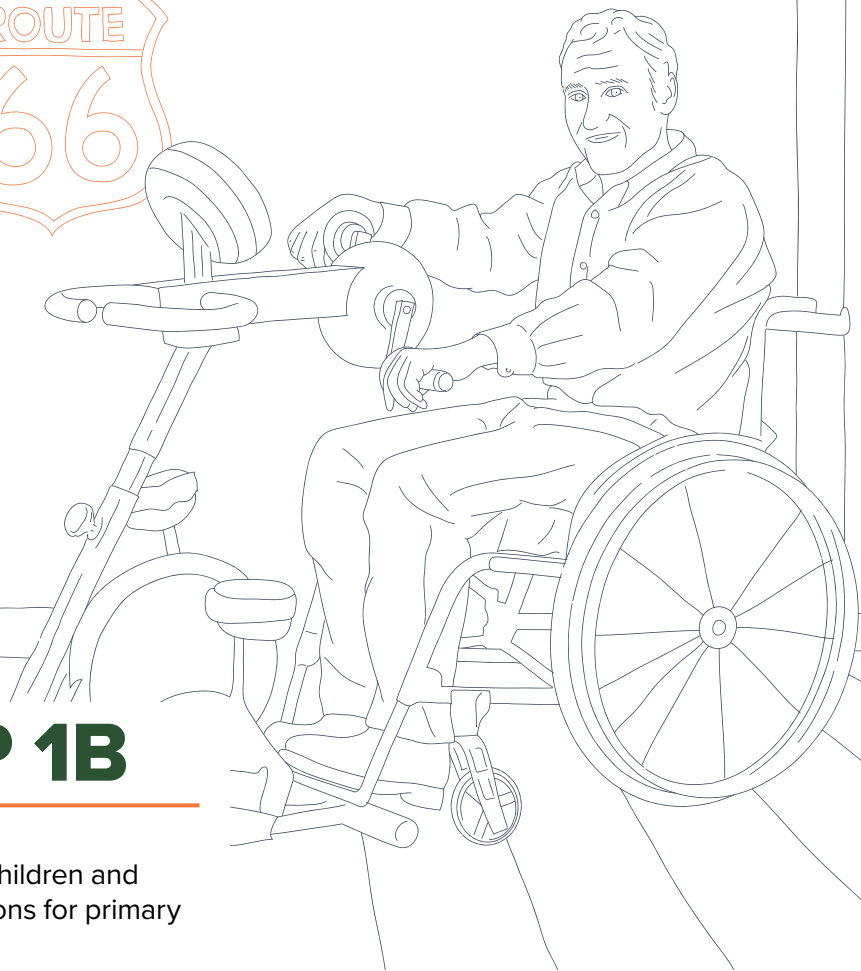
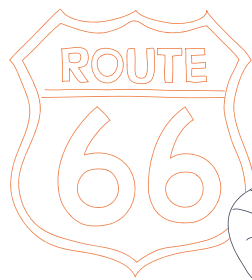


LOCKDOWN LANDSCAPES

MAPPING MEMORIES



WORKSHOP 1B

This workshop is recommended for children and young people in education, 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 11-18 year olds and has an emphasis on: visualisations, remembrance and making.



**Making
Visualisation**



**11 - 18
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

Look at a map of the world, the UK or a local map in order to locate yourselves. The accompanying resource pack contains a map of the UK, as well as a link to OS maps online that show your local area.



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

Encourage the group to locate themselves on the map you have chosen. You could also ask:



Does anyone remember lockdown? What kinds of things were we permitted to do? Did you go to school? How did you move around your local area?

Word bank activity

In pairs, note down all the words that come to mind when reflecting on times of lockdown.

Visualisation exercise

For this activity you will need a range of natural objects placed on tables e.g. stones, shells, pine cones, sticks, fossils, dried seed heads, bark and leaves. The following can be read aloud to guide your group through the exercise. Leave a pause after each paragraph to give people time to visualise their journey.



Choose an object from the table to hold in your hand. Please close your eyes while I take you through a guided visualisation to help us remember the lockdown period. This should help you to think about how our access to outdoor spaces changed during this time. Let's be respectful of others by being silent throughout.

Try to think back to early 2020. You might remember how old you were then or which school year you were in.

In March, the Prime Minister announced that the UK was in 'lockdown', we were all asked to stay indoors in our social bubbles to prevent the spread of the Covid-19 virus. During this time, we were permitted to go outside once each day to exercise.

Imagine that it's time for your daily exercise. Who, from your social bubble, do you ask to go with you? Maybe you head out alone. You walk outside and choose which way to go.

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

You keep walking towards your favourite outdoor area. Are there any other people?

Or animals? What is the weather like? Maybe you stop to take a photo, or to send a message to a friend.

Do you only walk? Or run? 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, touch, taste or hear anything?

Perhaps your route takes you around a loop or through a park, across a field or into woodland. Perhaps your route takes you along a road, a canal path or river, through a housing estate, or past a friend or family member's house. What thoughts run through your mind?

It's time to head back home. Has the walk changed the way you feel?

Identifying your Lockdown Landscape



Let's identify 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 it might have been an imaginary landscape, or a place from a memory that you returned to in your head.

Discuss your chosen place in pairs or with the wider group.

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.

Spend about 5-10 minutes on each of the following steps:

Memory mapping



What are the key places, features and landmarks of your walk?

Ask the group to write or draw key places and features of their lockdown landscape. Using scissors or tearing, cut each feature out individually.



How did you encounter these key places? What order did they come in, starting from the very beginning of your journey when you step outside.

Using another piece of paper, arrange the pieces so they form the basis of a map from a bird's eye view. If this is a new concept for the group, you may wish to show a few examples of maps from the resource pack.



How do these places connect up?

Encourage the group to draw routes and symbols between the places and glue pieces down.



What other information could be included in your map?

Once the maps have been collaged, allow the group time to expand upon their map: adding colour, more symbols, words and details.

If you have time, there are options to extend or develop this activity on the last page.

Exploration

Choose one question per category to answer.
Ask the group to add their responses to each question to their map.

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?
- During lockdown, 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 thoughts come into your head when inside your map?
- What does your map sound, smell, feel or taste like?
- What impact did the landscape have on your brain, body and health?

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

Depending on resources available, you could construct a three-dimensional map using materials such as: recyclables, wire, card, skewers or clay. Photography could be used to record outcomes.

Create a set of written instructions or use navigation symbols (real or imagined) for someone to follow your lockdown landscape journey.

Workshop 1B resources and support

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

- > **Workshop 1B Resource Pack**
thenma.org.uk/what's-on/exhibitions/lockdown-landscapes/map-your-memory/workshop-1b
- > **Workshop 1B Facilitator Guide**
thenma.org.uk/what's-on/exhibitions/lockdown-landscapes/map-your-memory/workshop-1b
- > **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

