

LOCKDOWN LANDSCAPES

MAPPING MEMORIES



WORKSHOP 2

This workshop is recommended for community groups of any age, including but not limited to: youth groups, scout and guide groups, after school clubs, faith and cultural groups, gardening groups, walking groups, sporting clubs, U3A groups, university societies, ex-service personnel groups and independently formed interest groups. This plan can be adapted to best suit the needs of your group.

This resource has an emphasis on: outdoor activities, movement and exploring our senses in relation to landscapes.



Outdoor activities
Movement
Exploring senses



Community
Groups



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



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

Getting started



We are going to be reflecting on the lockdown period and understand it could be triggering or upsetting.

Take a break whenever you need to, or if there is anything you don't want to take part in.

There is no right or wrong way to participate; all ideas and thoughts are valued and welcome, we are here to listen and hear what you have to say.

We are going to be using reflection, mapping and conversation. The stories your maps tell will form part of a national archive at the National Memorial Arboretum.

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.



Does anyone remember lockdown? What can you recall from lockdown? What kinds of things were we allowed or not allowed to do? How did you move around your local area?

Before heading outside, it will be helpful to share the resources on a screen or as print outs. These will be useful for the following outdoor activities.

Short walk



We're about to go on a short walk and explore the impact of the outdoors on our senses.

Where possible, remain as a group on your walk and answer the questions together. These prompts are available as cards in the resource pack and can be handed out to the group to complete. If these are completed quickly, suggest to the group that they can swap in pairs to try different ones out:



What can you smell, touch, taste and hear?

How does your body feel?

Look closely. Can you mimic the shape of something you see?

How would you describe the atmosphere?

Identifying your Lockdown Landscape

Regroup and ask everyone to discuss the following together or in pairs:



Let's identify a short walk or outdoor place that was important to you over lockdown. This could also be an imaginary landscape you visited or a place from a memory that you returned to in your head. Keep this place 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. The nature of working outdoors may mean the maps are less detailed and more temporary and the group might need to take photographs of their creations to share later.



Now we're going to create maps of a lockdown walk outdoors in your chosen places. We'll use pens, pencils, paper and whatever may be to hand including outdoor materials and your own bodies.

It is important that this map reflects your own lockdown landscape memories. The map does not need to be accurate or factually correct. Think about some of the maps we looked at earlier: would you like to draw one from a bird's eye view, use natural elements or write out a series of words as instructions?

If your location is full of interesting textures, you could make pencil rubbings to create an image of your landscape. Remember this is a map of your lockdown landscape, not of the current one we are in.

How do we navigate the map? Can you make a key with symbols for your map?

At this point, if a print out is available, take a look at the OS map keys in the resource pack.



You might like to make a temporary map that only exists in this outdoor space. It might even use your body as part of it - you could take inspiration from 'Gravitation' by Barbara and Michael Liesgen in the resource pack. To capture this, take a photo so that we can share it with others later.

To take the activity further, the group could explore the sensations that they experienced on their lockdown walk, and record them on their map:



What can you smell, touch, taste and hear in your lockdown landscape?

How does your body feel in your lockdown landscape?

How would you describe the atmosphere in your lockdown landscape?

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 relate 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 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

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.

Make a word bank together with responses to lockdown.

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

Workshop 2 resources and support

A variety of resources and support documents are available to help you facilitate Workshop 2. They can be downloaded from the following links.

- > **Workshop 2 Resource Pack**
thenma.org.uk/what's-on/exhibitions/lockdown-landscapes/map-your-memory/workshop-2
- > **Workshop 2 Facilitator Guide**
thenma.org.uk/what's-on/exhibitions/lockdown-landscapes/map-your-memory/workshop-2
- > **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

