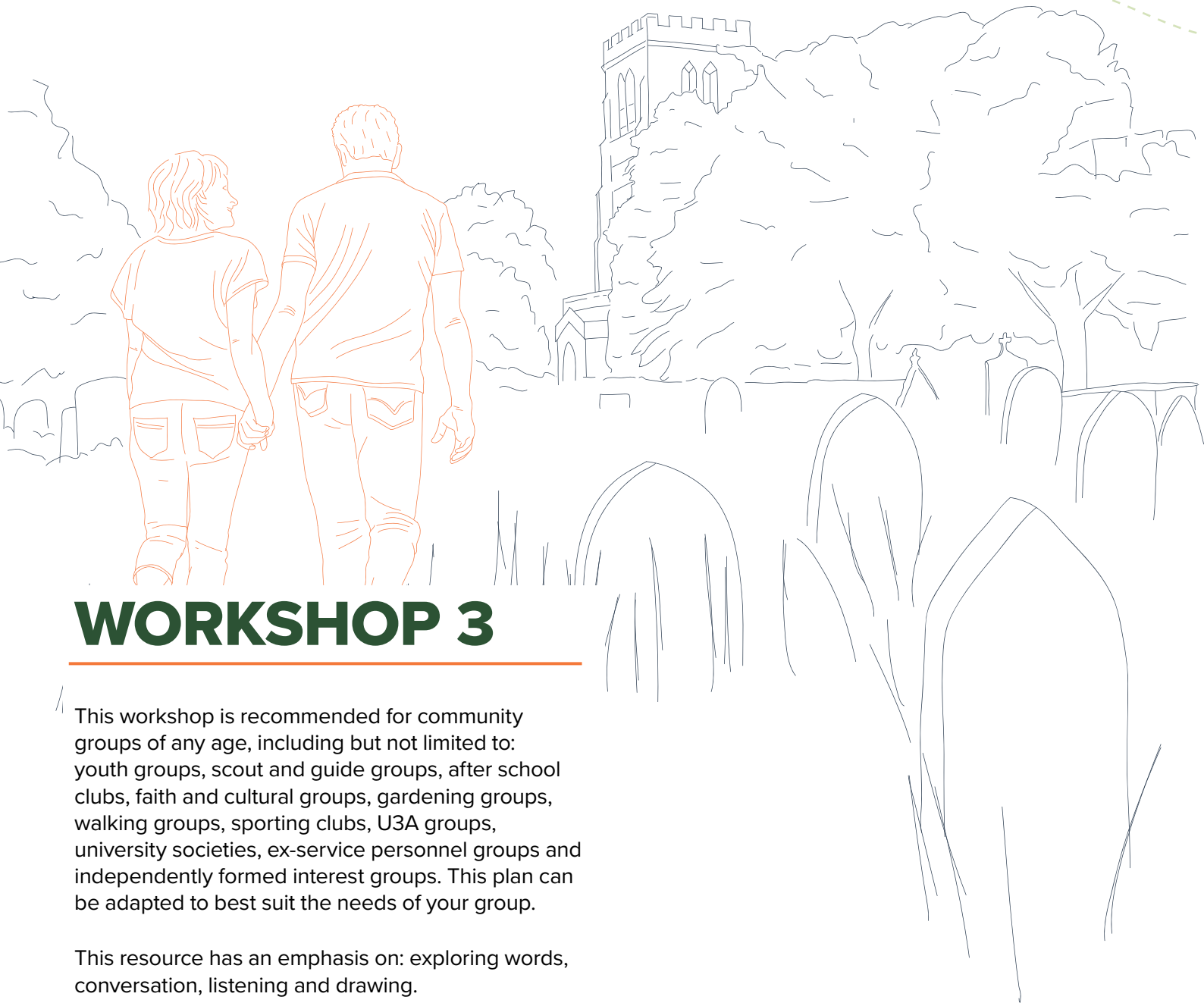


LOCKDOWN LANDSCAPES

MAPPING MEMORIES



WORKSHOP 3

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: exploring words, conversation, listening and drawing.



Words
Conversation
Listening
Drawing



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.

Using images and objects (paper maps, photographs/postcards and natural items), introduce the group to the session through one of the following exercises. Larger groups can divide up and carry out both warm-up exercises if they choose to.

Warm-ups (choose one)

Read a poem that describes landscapes. Find poem examples in the resource pack or feel free to use your own. You may wish to print multiple copies of a poem and ask a member of the group to read aloud.



What kind of images come to mind?
Does the poem take you to a particular place or space?

Look at photographs of landscapes. Find image examples in the resource pack or feel free to use your own.



Where might these be located or how do you feel looking at these places?

If you were there, what might the place smell, taste, sound and feel like?

Identifying your Lockdown Landscape



Identify an outdoor place that was special to you over lockdown, or else somewhere you would like to have gone.

Lockdown restrictions made going outside extremely difficult for some communities and groups.

Was there an outdoor place you missed and would have liked to have visited?

The place could be nearby, far away or even imaginary.

The person answering questions may also like to draw their responses and map out parts of their lockdown landscape memory. Some starter questions are included here, but groups can add their own if they wish.

Inspiration for mapping and creative note taking can be found in the resource pack.

These questions are also included for handing out in the resource pack.



What place have you identified?

Who would you visit this place with or would you go on your own?

Can you describe what you can see on the walk in as much detail as possible? What sights and scenes would we be seeing?

If you had to describe this place in five words, what would they be?

Is there a particular landmark that is part of your walk? If not, assign one and say why it is significant to you.

What is your favourite thing about this outdoor walk?

Does this walk remind you of a particular person or memory?

If you trace your footprints from a bird's eye view, what would it look like?

What connections do you have to this place? Has your personal connection changed since lockdown?

What shapes and patterns can you see in your landscape?

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.

There is no right or wrong outcome for the activity, but groups should add as much detail as possible and name the location if they can. To introduce the concept of a map, you could ask:



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

Conversation drawings

Conversation drawing is a playful way of recording conversations in pairs or small groups whereby one person responds to questions while the other actively listens, draws and illustrates their responses.

Doodles, notes and diagrams are all welcome and there is no expectation or pressure for a particular drawing style or outcome.

Encourage the group to hold up their drawing and explain their partner's map as they had interpreted it through the activity.

Exploration

Choose one question per category to answer.

Category 1:

Storytelling, factual information, landmarks

- What are the three most important things to you in the 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.



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

Choose more than one activity from the warm-ups.

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

Workshop 3 resources and support

A variety of resources and support documents are available to help you facilitate Workshop 3. They can be downloaded from the following links.

- > **Workshop 3 Resource Pack**
thenma.org.uk/what's-on/exhibitions/lockdown-landscapes/map-your-memory/workshop-3
- > **Workshop 3 Facilitator Guide**
thenma.org.uk/what's-on/exhibitions/lockdown-landscapes/map-your-memory/workshop-3
- > **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

