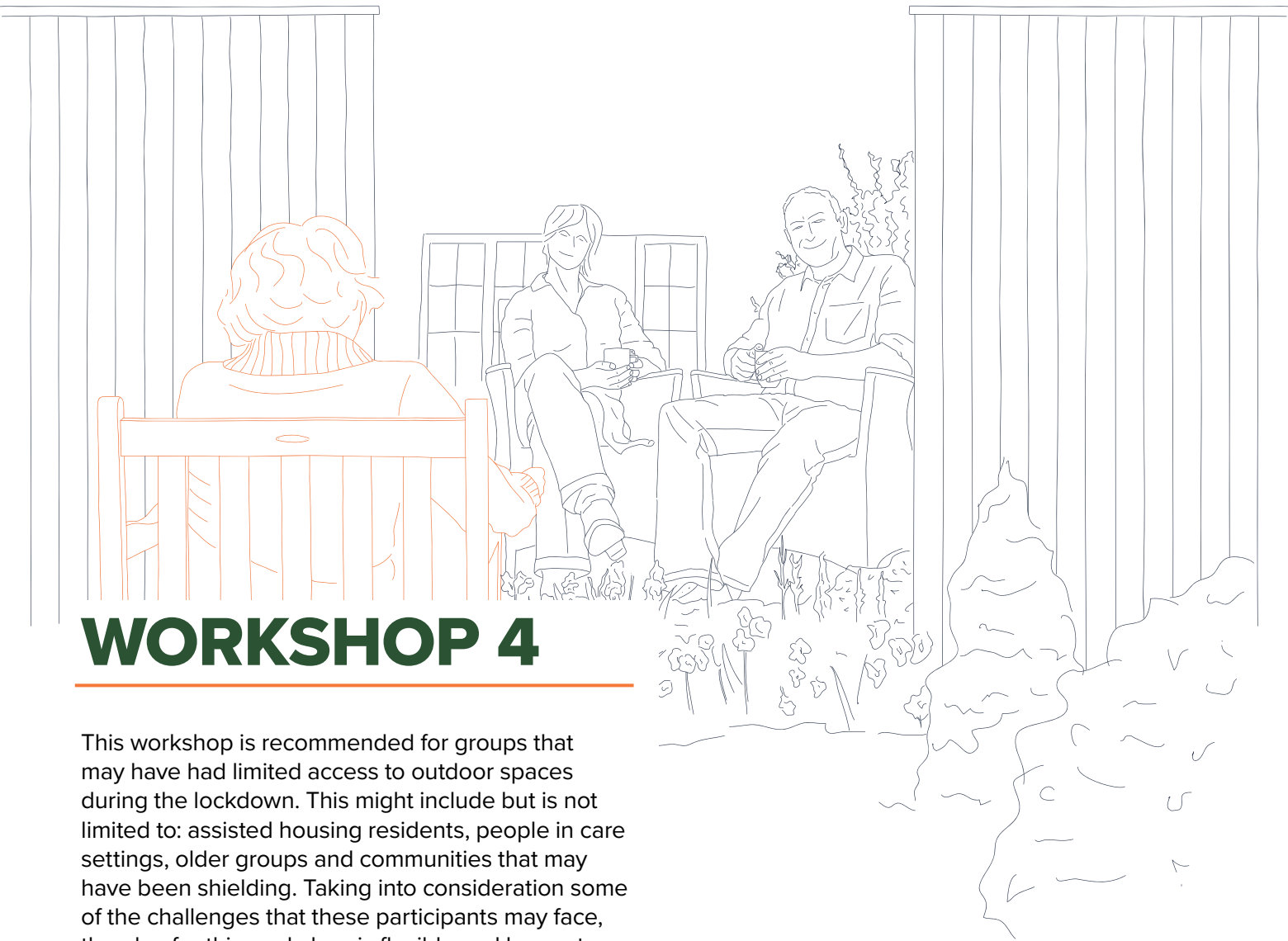


LOCKDOWN LANDSCAPES

MAPPING MEMORIES



WORKSHOP 4

This workshop is recommended for groups that may have had limited access to outdoor spaces during the lockdown. This might include but is not limited to: assisted housing residents, people in care settings, older groups and communities that may have been shielding. Taking into consideration some of the challenges that these participants may face, the plan for this workshop is flexible and hopes to set up a space in which people feel encouraged to share their experiences and stories. This plan can be adapted to best suit the needs of your group.

This resource has an emphasis on: imagination, conversation, listening and memories.



Imagination
Conversation
Listening
Memories



Groups of
all ages



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 and conversation to explore lockdown memories, with some images and objects as starting points.

Introduction and prompts

Introduce the group to the session through a small selection of natural objects and images laid out on a table.

Objects might include outdoor items such as leaves, bark, stones and seeds. You can use images from the resource pack, but feel free to include pictures of your own. We recommend around 3-5 objects for the activity. Encourage participants to handle and pass around the objects, which may be best accessed on a tray with a plain background to aid visibility.

Feel free to use the following prompts to start conversation. These also are available to print in the resource pack.



What have you chosen and why were you drawn to it?

What can you see in the images?

Have you visited somewhere like this before?

Where might these places be located?
How do you feel looking at them?

If you were there, what would you see, smell, touch, hear and taste?

If you picked up an object how does it feel to hold it?

Where or when do you think your object or picture has come from?

Our project is about our experiences during lockdown. Did you go outside at all?

Where did you spend lockdown?

Listen to a short clip of outdoor sounds provided in the resource pack. This can be played on a phone or other digital device.



What can you hear?

Where and what does the sound remind you of?

Identifying your Lockdown Landscape



Through conversation 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.

Exploration

There are more prompts below to encourage conversation.



Could you guide us through a landscape you are thinking of?

What would you say are the most important parts of this landscape, to you?

What does it sound, smell, taste and feel like in that outdoor landscape?

Can you say a little bit about how you feel connected to the landscape?

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.

If participants are unable to access the website, facilitators are encouraged to share their experience on the group's behalf.

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

If the group is able you may wish to explore digital options to encourage memories and conversations: use a tablet or computer to locate yourself on an OS map (link provided in resource pack) or google maps street view to explore images and move through a virtual route.

Groups might like to collage and draw onto the images and maps provided, or add keywords that have come up in conversation.

Workshop 4 resources and support

A variety of resources and support documents are available to help you facilitate Workshop 4. They can be downloaded from the following links.

- > **Workshop 4 Resource Pack**
thenma.org.uk/what's-on/exhibitions/lockdown-landscapes/map-your-memory/workshop-4
- > **Workshop 4 Facilitator Guide**
thenma.org.uk/what's-on/exhibitions/lockdown-landscapes/map-your-memory/workshop-4
- > **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

