

High Weald Hero Activity Card

Expanding circles



Equipment: Find a place with a panoramic view and an interesting foreground.



Education Resource

Time: 10 minutes



Activity description: Sit down in rows ensuring that everyone has a good view.

Ask everyone to close their eyes for a moment, then....
“ open your eyes and look beyond your body to the nearby grasses. Feel yourself moving and coming alive in them. Try to feel you are in everything you see as much as you are in your body. Look further to the gorse and trees..” gradually lead the viewers out in stages until you reach the distant ridges and the horizon and eventually to the sky, on the way keep the awareness to the things closest to you as well as all the way out to the horizon.

Adapted from a Joseph Cornell Activity

Be a High Weald Hero - you can make a difference