



High Weald Hero Activity Card Mirror Walk



Location: Woodland

Equipment: Mirrors – 1 for each child

Time: 30 minutes

Audience: KS1 & 2

A good introduction to woodland, encouraging observation at different layers

Activity Description: Choose a path with no exposed roots or low overhanging branches. Children stand in a line, about an arms length from the person in front. They hold a mirror just above their nose and under their eyes. Encourage the children, whilst warning of any hazards, to walk very slowly behind each other.



The children must look at their mirrors and describe what they can see. Children can discover where the 'canopy' is and what it looks like – discuss if it will look like this all year round. Mirrors can then be used upside down to explore the ground layer in further detail.

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Younger children could imagine that they are a woodland animal. As they walk along, they can use their mirror to look for somewhere to live and something to eat. Older children can investigate different features of woodland, estimate the percentage of canopy cover or compare vegetation on the ground in lighter/darker parts of the woods.

At the end of the walk, mirrors can be placed on the ground to reflect a woodland scene and a natural frame created around the mirror using objects found on the woodland floor.



High Weald Teaching Point: The High Weald is an Area of Outstanding Natural Beauty (AONB). Discuss with the children what they think is beautiful. Look around where you are walking or sitting – can they understand why the High Weald has been given this special title?

Activity adapted from Sussex Wildlife Trust

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