

'A WALK IN THE PARK' + Debriefing Questions

A Walk in the Park

Follow the guided Imagination...

Notice everything!

MATERIALS:

- Pictures of parklands/trees (if possible)
- Journals
- Pens

PROCESS: A WALK IN THE PARK - INSTRUCTIONS:

This is a guided imagination 'walk in the park'.

1. Choose a picture of a park that appeals to you.
2. The TRAINERS will guide you through the exercise step-by-step - just relax into it and close your eyes - imagine you are entering a park that looks just like the picture you have chosen.
3. Enjoy your walk through the park.
4. NOTICE EVERYTHING!

A Walk in the Park

Imagine you are standing at the entrance to a park. You really like this park. It is an interesting place, filled with winding paths and intriguing sights and sounds. You are looking forward to your walk and what you will discover here.

You can feel a light warm breeze across your face and you can hear leaves rustling on the trees – you can also hear children laughing and people talking in the distance. You like these sounds, they make you smile.

You walk slowly along the path and it takes you from the entrance deeper into the park. All around you, there are interesting plants and trees, and you can smell freshly-cut grass. You can see and hear people in the distance.

You continue walking and you hear laughter close by. To your right, a couple are eating ice-cream, lying on the grass, talking happily together. You smile and walk on.

A little further on, under the trees, the path winds past a park bench. Someone is sitting on the bench alone, stroking their dog. You nod at them as you pass by and continue on the path.

Now you are walking beneath some large old trees - you see a group of people coming toward you – they are chatting and they obviously know each other very well, they are joking and teasing one another. You look at them, they say hello in a friendly way and you nod back at them.

As you continue along the path, you see another couple sitting on the grass having a picnic. One of them is organising the food,

laying things out on a rug, while the other is sitting cross-legged, working on a laptop computer. They are chatting to each other while they organise the food and work on the laptop.

Now you can hear the sound of splashing and wonder where the sound is coming from – you look around and see a pool, very shallow, and some children and adults playing in the water. The path takes you slowly towards the pool and you stand and watch for a while. One couple is playing ball with two small children; another couple is wandering slowly along the edge of the pool, hand-in-hand. On the far side, in the distance, you can see a nurse in a white uniform helping someone to walk along - now they stop to watch some children playing at the centre of the pool, floating plastic toys on the surface of the water and chattering loudly. The children are really enjoying themselves and they sound happy. You walk on past the pool and continue to follow the path as it slopes downhill.

As you reach the bottom of the slope, you notice some people coming towards you; they seem to be engrossed in conversation and they pass you by. The sounds of the children laughing are fading into the background.

In the distance you see an old gate that leads into another part of the park, into a walled garden. Slowly, you walk towards the gate, and moving through it, you see an old wooden bench by the wall. You walk towards the bench and sit on it.

Feel the seat beneath you. Feel the breeze on your face. This is the end of your walk in the park. When you are ready, open your eyes.

Return to the room.

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DEBRIEFING + FEEDBACK QUESTIONS

1. Were there any people **not of your ethnicity** in your park?
2. Were any of the people you saw and watched in the park using a **wheelchair**? Did any of them have any type of **visible disability**?
3. The person on the first bench stroking a dog, was it an **elderly person**? **Male or female**? **Ethnicity**?
4. Were any of the **couples** (the ice-cream eaters, the picnic couple, the couple playing ball with children, the couple wandering by the edge of the pool hand-in-hand) a **same-sex couple**?
5. The couple who were having a picnic – what sex was the person laying out the food? **Female or male**? And the person working on the laptop - **man or woman**? **Ethnicity**?
6. Were the children and adults playing in the shallow water representative of a **range of ethnicities**? Or all of the same ethnic origin?
7. Was the nurse in the white uniform **male or female**? **Ethnicity**?
8. Was the person being assisted by the nurse **young or old**? **Ethnicity**?

9. Towards the end of your walk in the park, **a group of people** came towards you engrossed in their conversation -

- **what age range were they?**
- **gender?**
- **accents?**
- **ethnicity?**
- **ability/disability?**
- **type of dress?**
- **did you unconsciously ascribe a potential religious affiliation to them, or any of them?**

'A Walk in the Park' Reflection Questions



A walk in the park...reflection

- Surprised by anything?
- What, if anything, does this exercise highlight for you?
- Does this exercise reveal anything to you about unconscious biases you may have?
- Does this exercise reveal anything to you about your attitude/s?
- Does this exercise reveal anything to you about norms and expectations you operate with?