

Haiku Hike

Time: One – one and a half hours –

Space: Outdoors.

Materials: Pen and paper for everyone.

A haiku is a short Japanese poem that usually follows specific rules. However these rules are not important here. The idea is to focus on each of our senses in turn, while walking outside, and inspire ourselves to write a few words that can then be turned into a poem. This can be done as a family, or individually.

First, you might want to just focus on hearing for a few minutes as you walk or sit quietly outside. Write a few words down.

Then focus on the next sense (seeing, smelling, tasting or touching). Walk quietly and then write a few words about your experience.

Carry on until you have gone through each sense. When you have finished, arrange your words into a short poem.

