

Day 5: Spatial Intelligence – Understanding Space and Visualising Movement

Theme: Observation of space and environment



Today's walk will focus on how we interact with and understand space around us. Notice how your body moves through space and how the world around you changes with perspective.

Before the Walk:

Set an intention to become aware of how you perceive the space around you. Pay attention to how your movements create shapes in space.

Walk Guidance:

Observe the landscape around you. How does your perspective shift as you move?

Pay attention to the angles, patterns and contrasts you see along the way. Do trees line up in certain ways? Is there symmetry in the path ahead?

If possible, change direction or stop to see a familiar place from a new angle.

Reflection:

- How did changing your perspective alter your experience of the walk?
- Were there any patterns or spaces you hadn't noticed before?