



High Weald Hero Activity Card

Expanding Circles



Location: A place with a panoramic view and interesting foreground
Equipment: None **Audience:** KS2 **Time:** 10 minutes

An activity to encourage appreciation of the landscape at different scales



Activity description: Sit children down in rows ensuring that everyone has a good view. Ask everyone to close their eyes. Begin by saying, *“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 aware of the things closest to you as well as all the way out to the horizon.

High Weald Teaching Point: The High Weald gets its rolling countryside from bands of sandstone and clay. The hard sandstone forms the high ridges, running east-west. The softer clay is easily worn away; it forms the low valleys in between.

Adapted from a Joseph Cornell activity

Be a High Weald Hero - you can make a difference