

## ***Mindfulness Photography Walk***

Zora Murff's work uses photography to document the neighborhoods of North Omaha. This activity invites you to use mindfulness as a means to explore your own surroundings.

<https://www.u-ca.org/exhibition/where-we-land>

### ***Essential Actions:***

Be where your feet  
are

Take it slow

Don't just look,  
really see

Stay curious

Ask questions

Observe the  
universe

Wander and  
wonder

Record everything



1. Get a permission from your parent or guardian to take a walk outside, or bring your family members with you on your walk.
2. If you have access to any camera -cell phone, tablet, disposable, digital, film - make sure it's charged and ready to go and that you have permission to use the camera. If you don't have a camera bring a sketch-book to draw or write about what you see.
3. On your walk, take your time to walk slowly through the neighborhood. Move your head and body to look all around - up high and down low -really investigate what is happening around you. Name things as you see them and describe the qualities of what you see.
4. When you arrive back home, look through your photographs or notes. See if any patterns or stories emerge from what you found. What did you notice the most? Why do you think those images stood out to you? What do your findings tell you about the place where you live? How do your observations make you feel?