

FREE YOUR FEET!

Lose those shoes, and reconnect to nature directly through your feet!

DETAILS

- Age: Can be adapted for any age
- Time: 20 - 60 minutes

MATERIALS

- Your body!
- *Optional:*
 - container to gather materials
 - blindfold
 - Materials for footprint painting: water, homemade sidewalk chalk paint, large paper and tempera paints, towel, etc.

PREPARATION

- Dress properly for the weather.
- Find a safe outdoor space.

COVID-19 PRECAUTIONS

When choosing a place to explore, please be mindful of the CDC's recommended social distancing protocols.

SAFETY NOTES

- Do this activity in an area you are familiar with.
- Do a pre-check before taking shoes/sandals off. Look for:
 - sharp objects such as broken glass
 - pokey plants
 - flowers low to the ground that might attract stinging insects.

OBJECTIVES

- OBSERVE how your body connects to nature
- STRENGTHEN your balance skills and feet/leg muscles

BAREFOOT PATH PREP

-  After checking the area for barefoot safety, start collecting items to try walking on. (sticks, smooth rocks, leaves, soil, pinecones, etc.) Avoid choosing materials that could cut a barefoot walker's foot.
-  Lay the items out in a path for your fellow barefoot walkers to walk on.

TOE WARM-UPS

-  Take off your shoes or sandals.
-  Warm up your feet and your senses by:
 -  wiggling your toes
 -  "writing" letters in the air with your toes
 -  raising your heels up and down
 -  closing your eyes and focusing on your feet

Where do you feel your feet touching the ground?
Describe how the ground feels in your feet.

WALK THE PATH

-  Slowly and thoughtfully walk through your path.
-  Notice how each footstep and material feels compared to other footsteps. Notice how your balance is affected by different materials.
-  If you would like, try the trail again with a blindfold on. Have a helper verbally guide you. How does not being able to see affect your observations?

FOOTPRINT PAINTING

-  Keep the barefoot experience going! Try making art with your footprints. Use water or liquid chalk paint on the sidewalk, or tempera paint on a large butcher paper.

You learn a lot when you're barefoot. The first thing is every step you take is different.

- Michel Franti