

# 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