

Look with your eyes closed

Summary: **Close your eyes and point to a particular feature using your memory of the place**

Possible configurations: **several players with a game master** (*indication in italics*)

Senses mobilised: **Sight**

Duration: **2-3 minutes**

Associated SPOT programmes: **Salute the Trees, Striking colours, Beautiful encounter**

Once you have arrived at the location of your choice:

- Make yourself comfortable, standing or sitting, whichever suits you best, and close your eyes
- Take a few seconds to recall the landscape you are currently in, remembering the elements that make up this panorama (*mention aloud some of the surrounding elements without giving their position to help participants reconstruct the landscape in their mind/imagination, e.g. "there are plants with pink flowers, rock, etc."*)
- Keeping your eyes closed, point to the nearest tree (*the "tree" element mentioned here is only an example, it is up to you to let your inspiration speak for itself when choosing the element to point to according to your environment and the season, if however you need a helping hand we have listed some ideas below*)
- Now open your eyes and look around you, were you pointing in the right direction? (*give them a few seconds and ask them to close their eyes again to start the exercise with a new item to point to*)
- Finally, suggest that they continue by carrying out one of the protocols indicated
- Continue by carrying out a protocol of your choice from those indicated

This activity aims to make us aware that we sometimes look without seeing and that data collection requires us to develop our sense of observation (whether close by or far away) to make sure we don't miss anything interesting. Now that the participants are more aware of their surroundings, feel free to repeat the exercise a little later in a different location.

Example of elements to point to for inspiration:

- the nearest tree (possible variation according to the seasons, i.e. the tree in flower, the tree whose leaves have changed colour, a type of tree, i.e. a deciduous or coniferous tree, a particular species, i.e. a larch, a birch, a beech, etc.)

- the nearest flowering plant (possible variation according to the colour of the flowers: pink flowers, yellow flowers, etc.)

- the nearest bird

- the nearest animal track