

## WOW Walk

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**SUMMARY:** How great are the wonders of nature? Great like amazing and great like many. On this nature walk around camp our only task is to notice how amazing the many works of creation around us are. We will share our WOWs with each other and say a few blessings along the way.

**GOALS:**

- To gain a sense of wonder
- To explore the notion of wonder through noticing the natural world
- To connect the Jewish tradition's practice of blessing and prayer with a wonder practice

**AUDIENCE:** Any age

**TIMING:** 75 minutes

**MATERIALS:**

- Heschel quote sheet (1/two participants) ([link](#))

**SET-UP:** Group will meet in an outside location and go for a walk

## SESSION TIMELINE

- 00:00-00:05 – *Introductions opening question*
- 00:05-00:15 – *Attuning our Mindful Minds*
- 00:15-00:45 – *WOW Walking*
- 00:45-01:00 – *Wonder Sitting*
- 01:00-01:15 – *Heschel Chavruta*

## SESSION OUTLINE

### **00:00-00:05 – Introductions opening question**

The session leader gathers participants in a circle and asks folks to share names, pronouns if comfy, and something they are feeling grateful for in this moment.

### **00:05-00:15 – Attuning our Mindful Minds**

The session leader explains that we are going to take a walk, but first we want to prime ourselves for the walk. This walk will be one where our only job is to notice the wonders of creation, so first we have to get into our noticing minds.

Each participant should find a partner

Each pair should stand facing each other several feet apart

Everyone takes a deep breath and takes a moment to notice the ground under the feet and be in this moment

Each pair choose a partner A and a partner B

We will now each spend two minutes noticing. When it is your turn, you will tell your partner everything you notice. It might sound like “green leaf,” chirping bird,” person talking,” etc...

When it is your turn to notice, you just notice for two minutes. At that time, your partner's role is to listen

Then we will switch

### **00:15-00:45 – WOW Walking**

The session leader will explain: Now that we have our noticing minds activated, we are going to take a walk. It's a noticing walk. As we walk along, when you notice something that you think is WOW-worthy, you can just yell “WOW” and everyone will come see what you noticed. Then we will keep walking until the next WOW.

### **00:45-01:00 – Wonder Sitting**

When the session leader feels that WOW walking is at a good pausing point, they will let participants know that it is time to spend some quality time with one WOW.

Participants should be instructed to wander around a little until they find a WOW that they would like to know more about. Walk slowly, a WOW will call out to you. When you have found your WOW, have a seat or stand near it and ask yourself:

- What do you wonder about this thing or area?
- When your mind starts to wander away from your WOW, bring it back and ask yourself, “what else do I wonder about this WOW?”

Try not to answer any wonderings, just keep wondering.

After about 5-8 minutes of solo sitting, the session leader will instruct participants to find their earlier noticing partners from the beginning of the session. Each person should introduce their partner to their WOW and tell them a little about what their wonderings were.

### **01:00-01:15 – Heschel Chavruta**

The session leader will call the group back together and ask a few people to share out what they wondered out there.

Then session leader will pass out the Heschel quotes sheet and ask pairs to take a sheet and find a spot and choose a few of the quotes to read to each other.

- How do these quotes interact with the practice we just did?
- Heschel, a rabbi philosopher who died in the early 70s believed that awe and wonder were at the heart of humanity and spirituality. How does our WOW and wonder practice that we did today fit with his philosophy?

## **BRINGING IT TO YOUR CAMP**

This WOW walk can become a useful tool to make any walking transition time at camp a moment for wonder. Introduce this concept to your campers and constantly encourage them to find WOW moments and think of wonderings as they move throughout camp.

Additionally, this can be a fun activity for the first day of camp with new campers/staff. Anyone can experience a WOW moment, whether it is their first or fiftieth time somewhere. This type of program can “even the playing field” and invite everyone to put on a similar lens for the way they look at the world around them.

Since this is a no material activity, the possibilities are endless!