

Common Ground Sensory Tour

Welcome to the Common Ground sensory tour. You can use this tour to guide you through a site of your choice or you can find a comfortable place to be and take a tour of your own imagination.

If a sense is less relevant to you, feel free to substitute the suggestion for a different activity.

Notice what you find when you look and listen from a new perspective. When you've completed the tour, why not have a go at creating your own site-specific version and sharing it with your team or participants.

Transcript

It's time to take a tour. Maybe it's your lunch break or you need some time away from your workspace. Or maybe you've got a whole afternoon to yourself and you want to get outside. Don't worry if you haven't got a lot of time - it doesn't have to take long.

In fact, you can decide how long you want to take by letting this recording play or pausing when you want to take a moment and switch off from any external stimulation. It can take five minutes or twenty-five minutes or two hours, it's up to you... If you would rather stay where you are, that's fine too: you can take a tour of your own imagination instead. By the way, you might want to take a snack with you.

Shall we go?

Let's head outside. It doesn't matter where.

Take a breath and enjoy the feeling of air filling your lungs, exhale and feel your shoulders relax.

What's the weather like today? Can you feel it on your cheeks?

What does it feel like to accept the weather how it is today and not expect it to be anything else?

How does the weather change your experience?

What is visible to you in this moment?

Has anything changed since you last came this way?

If you had to paint your walk, what would be on the colour palette?

Pause

Find a place to stop for a moment. Wherever feels right and safe for you.

Close your eyes.

What can you hear?

Are the sounds natural or man made?

What sounds do you like the best?

Imagine how the sounds might have changed over time.

Open your eyes again.

Pause

Let's get moving now.

As you go, make sure you keep breathing in and exhaling out.

If it feels good let out some sound with your breath. [Breathe in and exhale with sound x2].

Let's see what happens when we let another of our senses take the lead.

Take a moment to inhale and exhale again, what can you smell?

What happens if you follow the smell? Does it change as you get closer?

Do you like the smell? Is it familiar or something brand new?

Do you recognise what you're smelling or is it something you can't name?

If you were to design a perfume inspired by your walk what would be the key notes?

Pause

We've been exploring for a while now, it might be a good time to have a snack if you're feeling peckish.

It's okay if you're not in the mood for a snack right now or maybe you've brought something with you.

Does eating in your surroundings change how your snack tastes?

Would your snack taste different if you were eating it at home?

If you could make a dish that represented your tour what would be the key ingredients?

Pause

We're going to start heading back now.

If you're not quite ready and want to spend longer on your tour, that's okay, there's no pressure to head back just yet. But if you're ready, let's go.

As we move towards the end of our time together, is there anything you would still like to do?

Is there something you noticed earlier on the ground that you want to pick up and examine?

Maybe you want to take a moment and just feel the ground under your feet rising up to meet you.

We're back now.

How do you feel? Energised and ready to take on the rest of your day?
Reflective and ready for a bit more quiet time?

Maybe make yourself a hot drink and take a minute to journal your thoughts or collate any items you collected on your tour.

If you're feeling creative, what might you like to do?

Every tour is different and everyone has a unique mix of sensory experiences and preferences.

Keep exploring your preferences and notice what feels good for your mind and body.

Let's do this again, some time soon.