

# *I Went for a Walk Today*

## Family Theater Workshop



**Connect with nature in creative and inspired new ways with the cast of *Nature!***

Through nature walks, theatrical play, and reflective journaling, we will share in the experience of rediscovering our connection to the beautiful world around us. Each workshop attendee will receive a *Nature* field journal to take home.

**What to expect:**

We will play with a variety of creative exercises that activate a comfortable state of expression, and focus on opening and listening to our surroundings. We will then connect with nature through walking, wandering, and tuning into our senses. Finally, we will express, create, and perform our inspirations and discoveries via theatrical forms such as movement, sound, rhythm, text, and image.

**What to Bring:** Wear comfortable clothing that you can move freely in. Come prepared and dress for the weather (i.e. sunglasses, hats, sunscreen, warm clothing, water, rain gear, etc.).

**Saturday, September 30th, 10-11:30 a.m.**

**North Bridge benches**

**Minute Man National Historical Park**

**Free!**

Recommended ages: families w/children 6 and older

Limited to 30 participants.

Register: call Ranger Kellen Allen at 978-318-7826