

# Mirror Walk



Woods Mill, Henfield,  
West Sussex BN5 9SD  
[www.sussexwt.org.uk](http://www.sussexwt.org.uk)  
01273 492630

This is a good introduction to a wood - it is magical and intrigues even the disillusioned 15 year olds!

Choose a path with no exposed roots and no low overhanging branches. Children stand in a line, about an arms length from the person in front. They hold a mirror just above their nose, and under their eyes and walk very slowly behind each other.

Adult should guide leader, making group aware of any trip hazards etc.

The walk can be used to:

- introduce the different layers of a wood
- introduce new language such as canopy
- talk about the different animals that live in the canopy, their food and habitats or the function of the leaves

Younger children might like to imagine they are one of the animals living in the woodland. As they walk along, they can then look for somewhere to live and something to eat.

Mirrors can also be used upside down to explore the ground layer, imagining they are a bird looking for minibeasts to eat.

Older children can use the mirrors to investigate different features of a woodland. They might estimate the percentage of sky that is covered by the canopy at different parts of the walk and compare with the light or temperature levels there, or even the type of tree or ground cover found in each place. For more accuracy, a 100 square grid can be held on top of the mirror, and the percentage canopy cover counted.

At the end of a walk, mirrors can be placed on the ground to reflect a particularly interesting or beautiful woodland scene, and a natural frame created around the mirror using objects found on the woodland floor.