The route you choose does not need to get you to 10,000 steps. The purpose of this activity is to:

View your community(s) from a fresh perspective.

Taking a walk is a great way to observe details you don't see when driving through.

Learn something new about the community (especially if you're a resident)!

Take more than one walk if you cannot get to everything you want to see at one time.

Have FUN! Any work can be overwhelming at times. Finding ways to enjoy it and have fun is important.

Community can be defined multiple ways. Decide which definition(s) make sense for you and where you will go during this activity by:

Looking at the geographic boundary of your coalition's service area. You might start by simply walking around town.

Asking: what other communities exist here? (i.e. faith, parents, veterans, LGBT, neighborhood, arts, schools)

Keep these ideas handy - we will use them again!

How to begin your...

Community Walk & Reflection
3
Find a Tour Guide or a Tour Group

- Invite coalition members to join you as you walk. Make it an opportunity for getting to know them better and to learn from their reflections.
- Consider inviting a community member you want to join your coalition to give you a tour of the place he or she is connected to.

4
Take Notes

- Write your answers to the following questions:
  - What did you see? Who did you meet?
  - In your observation, what does the community care about?
  - What did you notice about yourself? What were you thinking along the way?
  - What surprised you?

Ready, set, go!

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