

Find the closest natural  
thing to you.

A blade of grass, a fallen leaf, the  
trunk of the nearest tree. Get as  
close as you can. Closer. Keep  
going.

What can you notice that you didn't  
before? Are there patterns, signs  
of natural processes, wear?

Make this a habit.

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Feel the contours of one feature in  
this space. Imagine it as a smaller  
landscape.

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Where do flows of sight, or access,  
get disrupted or cut off?

What mechanisms in spaces can  
you find that actively invite or  
encourage you to participate?

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Have you lost your ability to play?

Let's test it out, just for a minute.

Explore your environment.

What can it become and who are  
you in it? Where can your mind  
take you?

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Have you been here before?

If you have, think about a memory attached to here. Pay attention to how you feel in places you are familiar with.

Do you feel more empowered in places you know? Is your sense of autonomy impacted when moving through unknown spaces?

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Stop. Take a moment to consider  
your feelings in this space.

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Note the wear of the place  
you are in.

It can tell you about this place, who  
uses it and what for. With or  
without wear, does this place feel  
loved?

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It's time to time travel.

What was here before you? What  
was here before humans?

Picture the landscape bare, and  
add the layers over time.

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Are you a short or long term user  
of this space?

Imagine using this space  
every day.

How might your sense of  
responsibility and care to it  
develop?

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Focus on a green space near you.

How can we get our plants to work as hard as possible for us? What multiple uses can they serve beyond our human needs? Does this circle back to us?

How is mutual responsibility between human and plant shared?

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