



# MINI PILGRIMS

## Path

# RESOURCES

South Lakes Mini Pilgrims and the Reflective walks run on the same date and time to allow families to get involved across the two groups. Although the two groups start and end at the same point the Mini's walk is an easier, shorter route than the Reflective group.

For this walk we parked in the car park near the Lake Shore by the Coniston Boating Centre and Bluebird Cafe (Lake Road, Coniston, LA21 8EW. Grid Reference SD307970) *note: this is a pay after stay car park.*

Before we started the walk we scattered stones which we had painted different colours on the stoney shore of Coniston Water. The children then collected the coloured stones, one colour group each, which they then used on the walk.

On our journey the children chose places to leave their stones by the side of the path so that they could be followed back on our return. As we left our stones we thought of ways that God had guided us. The adults in the group shared some of their stories too, and this really helped the children's understanding. Finding and collecting the stones on our return was also great fun



You could also use the theme of path as an analogy, for example by: exploring times in life when the going has been difficult (up hill/narrow/indistinct paths), or easy (flat, wide paths) what helps us make choices (fork in the road, following a map), what can we learn from looking back/forward at our life's journey (where have we been? where are we going) etc.

For this walk you will need stones that have painted in different colours - we used acrylic paints. Depending on the size of the group you will want about 3 or 4 stones for each child, although they could do this activity in pairs or small groups. We also took some bags for the children to keep their stones in while we were walking. You should ask people to dress appropriately for the time of year and wear suitable footwear. Wet wipes and a hand sanitiser are also advised. This activity can be done on any walk, it is not reliant on a particular environment.

For reference see: Ordnance Survey Explorer Map OL6 The English Lakes South Western Area.

Please follow the **Countryside Code**. Leave gates and property as you find them, follow paths, take litter home with you, follow signs, don't destroy or remove features such as rocks and plants. For more details see: [www.gov.uk/government/publications/the-countryside-code](http://www.gov.uk/government/publications/the-countryside-code)

***Risk assessing the walk will help identify hazards so that you can put into place appropriate measures as required.***