



01

Documenting the walk is a great way of creating a visual tool to look back on, prompt memories and reflect.

Feel free to take photos of your surroundings and collect interesting objects.

Turn me over



Scan to watch this maps folding instructions.

I AM A MAP

While you go about your walk, read through me and answer questions page by page. Follow the arrows and directions in order.

→

Open me



WHERE ARE YOU?

Explore your local area with fresh eyes using this mindfulness map.

Equipment: Camera

Your name:

.....

Created by:

Hannah Kelly in collaboration with Fearnhill School and the Letchworth Garden City Heritage Foundation.

→

04

Find one brightly coloured leaf and keep it safe. Why not take a photo of how it looks today?

05

STOP!

Take one photo of whatever is to your left.

↑

06

What is the loudest noise you can hear?

Open me

03

Think about or discuss 3 things you wouldn't normally notice.

→

02

Psychogeography describes the effect of a geographical location on the emotions and behaviours of an individual.

Open me

08

What is the weather like today?
Do you like it?

07

What is the strongest scent
you can smell?

10

How are you feeling?

Express this in any way you like.

You might draw, think, talk or write.

Find a good stick and
keep it safe.

09

11

Draw a basic map of your walking route. Plot on your walk:

- Where you found your leaf
- Something you wouldn't normally notice
- Where you heard the loudest sound

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