



01

**Please be mindful and respectful of those around you.**

Use this walk as an opportunity to slow your day and your thoughts down.

**Enjoy it.**

← Turn me over

02

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

← Open me

05

**STOP!**

Look to your left, what's there?

•  
.....

↑

04

**Find one brightly coloured leaf and keep it safe.**

**Draw it's outline here:**

→



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:** Clipboard & pen

**Your name:**

.....

**Created by:**

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

03

**List 3 things you would not normally notice on your walk:**

•  
.....  
•  
.....  
•  
.....

→

06

**What is the loudest noise you can hear?**

•  
.....

**What is the strongest scent you can smell?**

•  
.....

↑ Open me

07

Is there an alternative route  
you could have taken?  
O Yes  
O No  
O Maybe  
O Not sure

08

Have there been any obstructions which  
have made you change your course or  
simply cross the road?

.....



10

How are you feeling?

Express this in any way you like.  
*You might draw, think, talk or write.*



09

Choose a colour.

Write 3 things that you have  
seen that include that colour.

.....  
.....  
.....



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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