

TURN \_\_\_\_\_ AT THE \_\_\_\_\_

think of a walk that you used to take regularly, perhaps as a child

write it down

example:

- down the lane to the main road, minding the nettles
- along to the corner of the sheep field
- up the footpath to the two pubs
- follow the main road to where the bus used to stop
- cut into the farm at the bottom of the hill (head down)
- hop the stile towards Southend
- which number is Matt's house again?

on a new piece of paper, draw the route as a simple line

if you like, draw a map too

then any or all of the following:

share your line with another, joining an end of their line to an end of yours, talking as you go (repeat);

follow your line around the area you find yourself now, in your head if you prefer (see where this takes you);

remember this walk, sitting quietly – when heading north, listen ahead of you; south, behind; east, to your right; west, left;