



3

WALK TYPE
DIRECTION WALK
Switch up your direction to explore your area

WALK TYPE
GREEN WALK
Pause in a green space and notice wildlife



8

6

WALK TYPE
MISSION WALK
to the shops or send a postcard to a friend

WALK FOCUS
Smile at the world

WALK FOCUS
Memories that make you feel good

WALK FOCUS
Times you have been kind

WALK FOCUS
Things you are grateful for

WALK TYPE
LANDMARK WALK
Stroll to a local feature spot and become curious

5

WALK TYPE
LONG WALK
Challenge yourself to a longer walk

WALK FOCUS
The sounds you hear on your walk

WALK FOCUS
The sensations in your body

WALK FOCUS
The weather on your skin

WALK FOCUS
Your breathing as you walk

WALK TYPE
QUIET WALK
without the hustle and bustle of traffic or people

2



4

WALK TYPE
FAST WALK
Raise your heartbeat and feel the burn

WALK TYPE
SKYLINE WALK
Look up to the sky while you wander

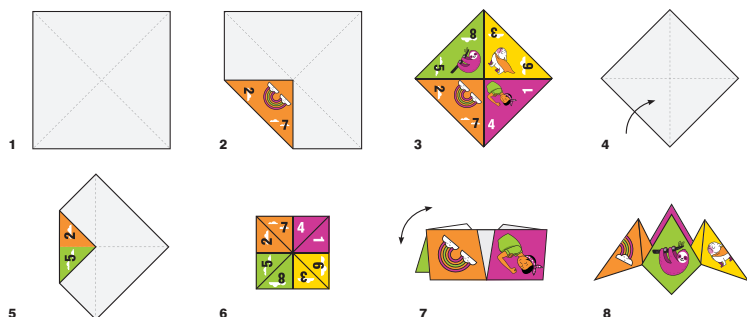
7



LIVING STREETS WALK RANDOMISER

HOW TO MAKE YOUR WALK RANDOMISER

1. Print out the Walk Randomiser template.
2. Cut out the square template.
3. Follow the picture instructions below to fold and make your randomiser.



HOW TO USE YOUR RANDOMISER

1. Pinch your fingers together in the pockets.
2. Pick a colour (or a picture) on the outside and spell it out, opening and closing the jaws of the randomiser for each letter, e.g. P-I-N-K or D-O-G.
3. Look inside. Choose a number. Use the number to open and close the jaws again as you count.
4. Look inside again, choose a number and open the flap.
5. You now have a type and a focus for your walk.
6. You can either go with those two suggestions, or, if one doesn't float your boat, have another go to get a different suggestion until you are happy with your randomised walk.

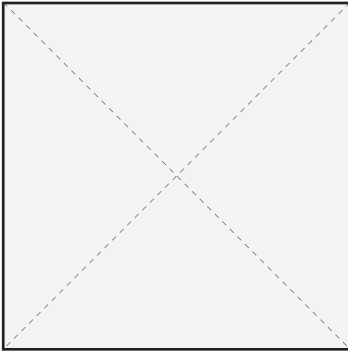




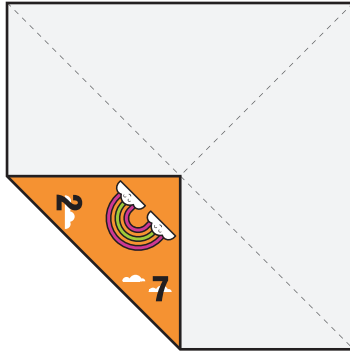
HOW TO FOLD YOUR WALK RANDOMISER



1. Print out the Walk Randomiser template.
2. Cut out the square template.
3. Follow the instructions below to fold and make your randomiser.



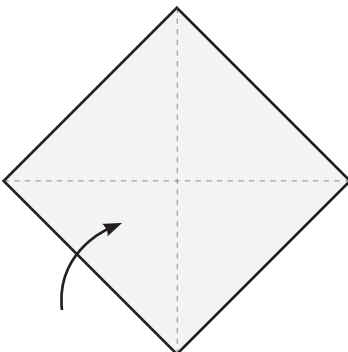
Fold each corner to the opposite corner.



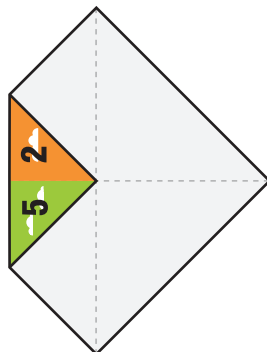
Fold all corners to the centre of the paper.



Now your paper should look like this.



Now turn your paper over so the folds you just made are face down.



Fold the corners to the centre again.



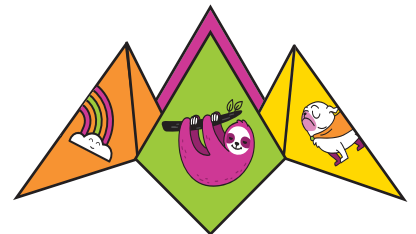
Your paper should now look something like this.



Now fold your paper in half vertically.



Now fold your paper in half horizontally.



Job done!