Did you know that time spent in green spaces can reduce your stress hormones and improve your wellbeing.?

Your challenge is to create a 'Map' for your daily walk.

Think about where you go on your daily walk. Which landmarks will you see along your journey, maybe a school, church, friend's house, can you draw these landmarks? If you are not leaving your house at the moment, or do not have a garden of your own, it could be that you choose to draw a map of the inside of your house, maybe from your bedroom to the kitchen. Can you draw a pathway of what you see along your route, do you have to go down the stairs, past the front door?

## Geography family challenge— Draw a map!



Email a picture of your map and your name to your class email address.

We will display some of the best maps on our school website.

Have fun!!!