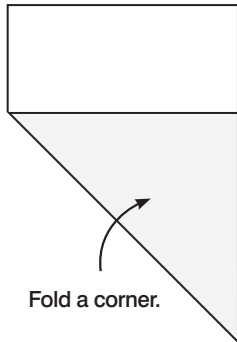


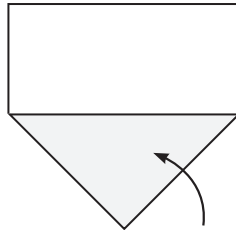
# HOW TO MAKE YOUR WALK RANDOMISER



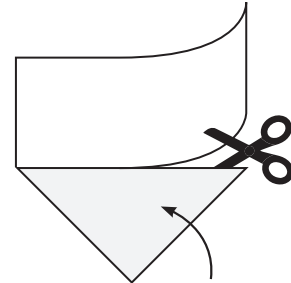
1. Get a plain piece of A4 paper.
2. Follow the instructions below to fold and make your randomiser.



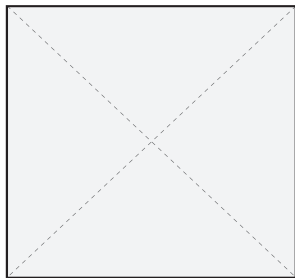
Fold a corner.



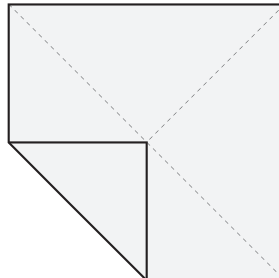
Now fold the other corner.



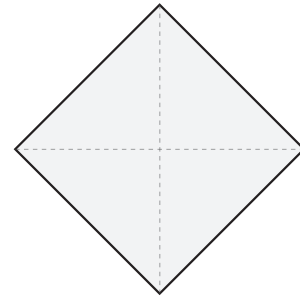
Cut along the top line.



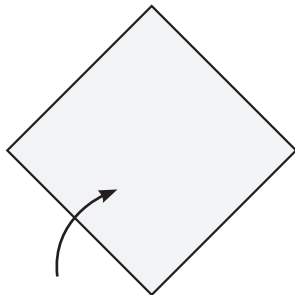
Unfold it and you should now have a square.



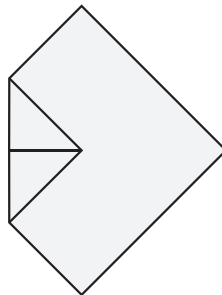
Fold all corners to the centre of the paper.



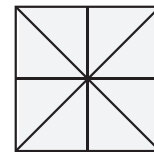
Now your paper should look like this.



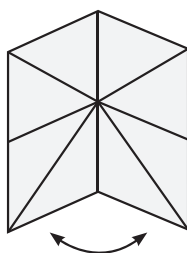
Now turn your paper over so the folds you just made are face down.



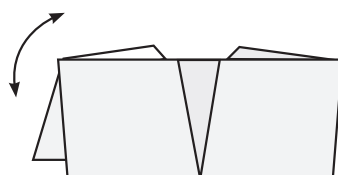
Fold the corners to the centre again.



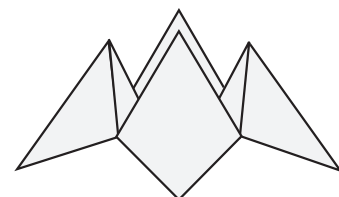
Your paper should now look something like this.



Now fold your paper in half vertically.



Now fold your paper in half horizontally.



Job done!

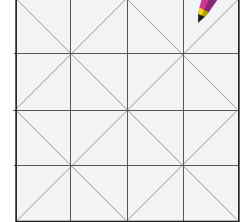


# HOW TO MAKE YOUR WALK RANDOMISER

3. Using your fold lines as a guide, copy our template onto your blank randomiser, then fold it back up again.

## OUR WALK RANDOMISER TEMPLATE:

	<b>3</b> <b>WALK TYPE</b> <b>DIRECTION WALK</b> Switch up your direction to explore your area	<b>8</b> <b>WALK TYPE</b> <b>GREEN WALK</b> Pause in a green space and notice wildlife	
<b>6</b> <b>WALK TYPE</b> <b>MISSION WALK</b> Stroll to the shops or send a postcard to a friend	<b>WALK FOCUS</b> Memories that make you feel good	<b>WALK FOCUS</b> Times you have been kind	<b>5</b> <b>WALK TYPE</b> <b>LANDMARK WALK</b> Stroll to a local feature spot and become curious
<b>WALK TYPE</b> <b>LONG WALK</b> Challenge yourself to a longer walk	<b>WALK FOCUS</b> The sounds you hear on your walk	<b>WALK FOCUS</b> Your breathing as you walk	<b>2</b> <b>WALK TYPE</b> <b>QUIET WALK</b> without the hustle and bustle of traffic or people
	<b>4</b> <b>WALK TYPE</b> <b>FAST WALK</b> Raise your heartbeat and feel the burn	<b>WALK FOCUS</b> The weather on your skin	
	<b>WALK FOCUS</b> The sensations in your body	<b>WALK FOCUS</b> Look up to the sky while you wander	<b>7</b> <b>WALK TYPE</b> <b>SKYLINE WALK</b>



## 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.

