

Coronation Recreation Ground, off Devonshire Road, Chorley

Follow the paths in the park, going in different directions. Where do they lead? Talk about what you see.

Sit quietly on a bench and look around you. Can you see any insects, birds or animals? Watch them carefully.

Lie on the ground underneath a tree and look up through the branches. Feel the grass underneath your body. Talk about how the ground feels.

Stand very still with your eyes closed, listen carefully, talk about the sounds you heard. What could you smell?

