



62. Indoor country walk

This is a great, wet day calmer.

What you need: space

What to do:

Ask the group to accompany you on an indoor country walk by lining up behind you.

Ask them to copy you as you talk them through the walk. Like this:

Walk lightly on springy grass.

Step carefully across a stream.

Open and close gates.

Look at cows and flowers.

Go into a wood and move among the trees.

Take a dog with you and throw sticks,

etc.

Let a volunteer lead the group on a sunny beach walk.

