



Hello, It's Susanne again!
Where have you been in your home
and on your walks and where have
you been in your imagination?

Every move from A to B inside and
outside, no matter how small, is a
journey. Imagine how many we
have made.

Close your eyes and think of where
you have been in your home today.

Did you get lost or did you forget
where you were going!

What thoughts did you have on
your journey and what did you
notice around you as you went from
one room to another.

How can you represent this all in
your map?

INVITATION TO CREATE

FULLSCOPE

SUPPORTING WELLBEING /
CONNECTING COMMUNITIES

Where have you been?

NEXT:

You may have been for a walk outside today or you may have been in your house, but all of us will have had to go from at least one place to another.

Maps can be about anything. So think of the kind of map you could make. Jot some ideas down.

Draw a small journey you did today. Maybe start from when you got out of bed - did you get up and turn left or right? How did you move in this room and to others?

Here are some others:

A map of conversations.

A map of Sunday dinners in your life

A map of holidays

A map of snow days

A map of lakes you have visited

A map of houses you have lived in . . . there may be many.

Did you go up or down stairs?
Did you go straight on?

What did you notice on the way? What domestic landmarks might you have seen - a lamp, a chair, an ornament, a laundry bin?

You could make a map of dreams

A map for the future

A map of laughing

How will you represent these?
You could use symbols and a key like in road or tourist maps?

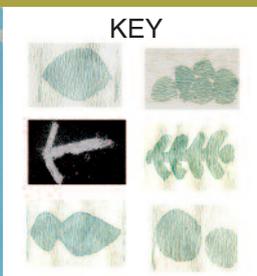
Your map can be lines or shapes or blocks of colour. There is no one correct way.

Try things out.

Try to use shapes or symbols or small drawings instead of words.

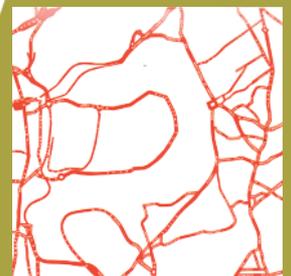
What were you thinking about as you walked in your house - shopping lists, noises, the sun, a memory, someone?

How will you represent these things on your map?
Some ideas below.



Imagine each room as an island.

Make up your own symbols



What if you trace your routes in your house through a day.



Leonardo da Vinci map

Share your work with us
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