



Worksheet

AONB "Thought Web"

Many ancient historical features can still be found in our landscape from Bronze Age burial mounds to Medieval abbeys. Use your maps and geographical skills to help you find out about the ancient remains in the landscape.

Location

Find a space of your own, make sure when you stretch your arms out you cannot touch anyone else. Sit down if you can. Think about a spider's web. It is like an almost invisible net and the spider sitting in it listens for sounds, feels vibrations and sees things around it. Imagine you are the spider sitting in the middle of your net/web.

Fill in the "thought web" below by "catching" the information.

- First, close your eyes and listen to the sounds around you.
- Second, sitting quietly and looking around you, up, down and from side to side write what you see e.g. colours, shapes and objects.
- Third, close your eyes again and take deep breaths through your nose and sit for a while, write down smells.
- Finally, think about where you are and record your feelings about your space.

Feelings/Thoughts:

Sounds:

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Smells:

Looks like:

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Give your space a name: