





My Dear Listener,

I would like you to come on an adventure with me. To a place that is very special, a place full of friends and stories.

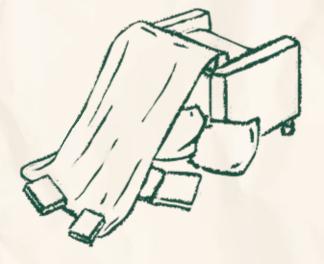
Before we go, there are a few things you might like to do in preparation:

**** C R E A T E A S P A C E ****

You could build a listening cave, a safe and snug place to listen. Drape a blanket or a sheet over a table or a few chairs or perhaps off the side of a bed or the back of a sofa with cushions, blankets and duvets.

Get inventive and see what kind of cosy den you can create.







**** G A T H E R ****

Next you can gather a few things to bring with you. You might need some water and a little snack. Maybe you would like to bring some paper and pencils? It can be nice to draw while you listen.

You could also play with a piece of modelling wax, plasticine or playdough. It can be fun to see what your fingers make or draw while your ears are listening.





When you are ready, you can climb straight in and get ready to listen. However you choose to listen, in your cave, by the fire, while you walk, in the car or where ever you are I'm very glad that you have decided to join me.

Once you are settled, we will set off together — It's going to be a wonderful adventure.

Your friend,

Awenydd



**** GET OUT IN NATURE ****

P.S. After you have listened, why not go on a treasure walk and see if you can find any story treasures of your own.

If you are lucky enough to find a story treasure like a leaf, a stick or a shell, hold it close to your heart.



Listen carefully and see what story arrives in your mind. It might be a memory, or perhaps a story of the treasure itself or something new and magical from your imagination.



THERE ARE NO WRONG ANSWERS,
JUST LOTS AND LOTS OF STORIES.
