

LET'S
WALK TO
SCHOOL

#WALKING FROM HOME

WALKING ACTIVITIES FOR PRIMARY SCHOOL-AGED CHILDREN

WALKING with your family
has never been more **FUN!**

Our 14 sets of colourful and educational walking activities support children in learning about important themes while staying active. Explore all our resources while on your walks. **Don't forget to share your experiences with us on social media!**

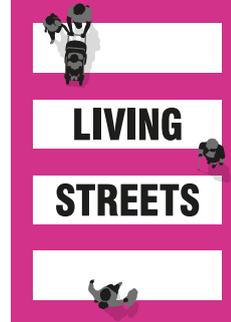


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SCAVENGER HUNT



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A dog



Fountain



Post box



Robin



Road cone



Street light



Gate



Park bench



Pedestrian crossing



Telephone box



Feather



Twig



Pebble



Butterfly



Brown leaf



Flower



Green leaf



Duck



Something smooth



Puddle



Squirrel



Something yellow



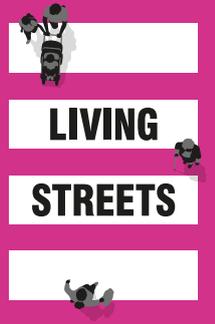
Ladybird



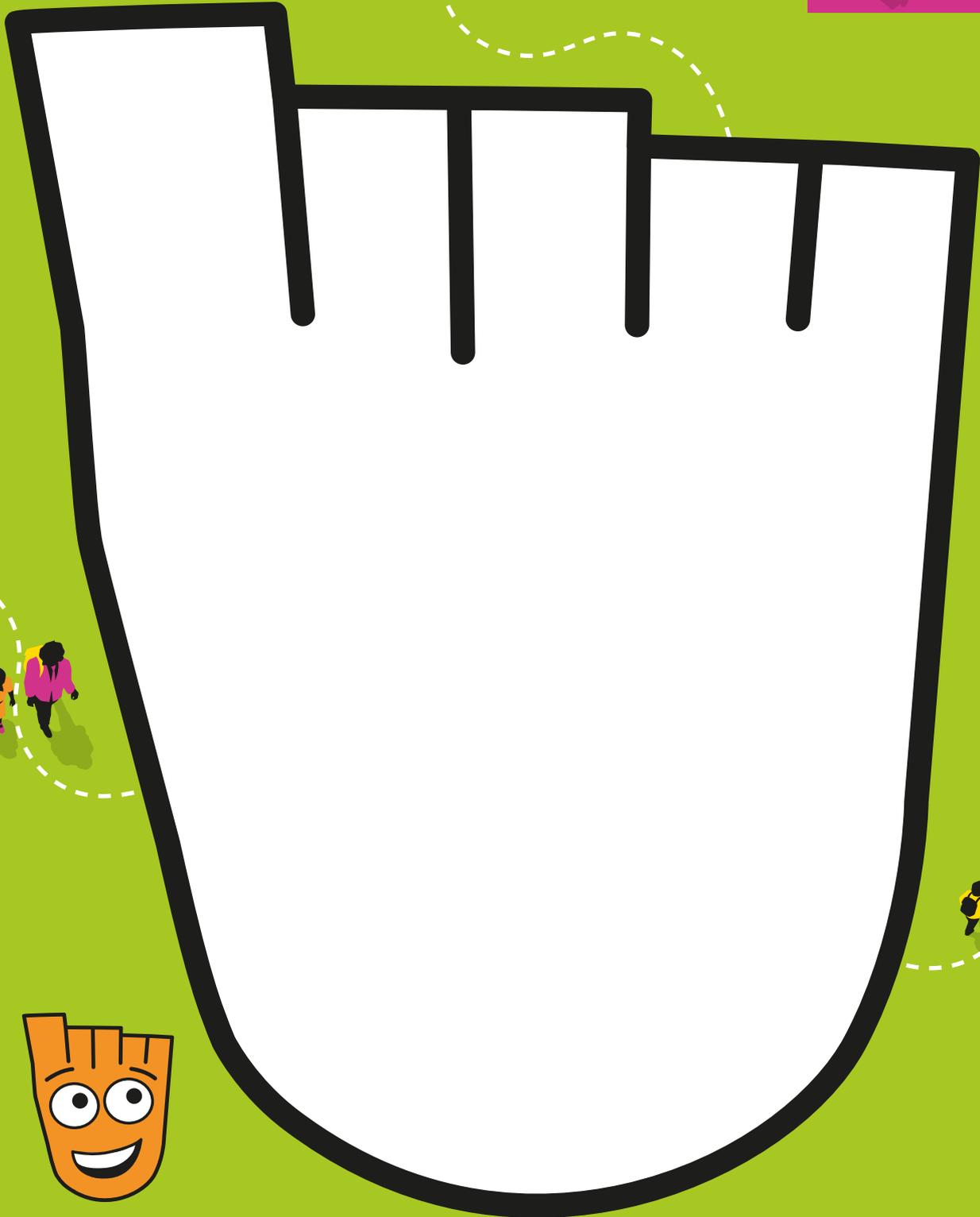
A foot print



On my walk I saw...



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ADD YOUR TITLE HERE



A white rectangular box intended for the user to write their title.

Share your drawings on social media using [#WalkingFromHome](#)

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DISCOVER

Getting out on foot and exploring your local area is a great way to stay active. The below activities are suitable for primary school children of varying ages, and designed to engage them in their community. Give them a try and share your thoughts, snaps and videos on social media.

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I SPY

AGES 4-7

Can you spot all of these on your walk?

- POST BOX
- NEWSAGENT
- PLACE OF WORSHIP
- BUS STOP
- STREAM, RIVER, POND OR PUDDLE
- FLOWERS



AGES 8-11

LOCAL SNAPSHOTS

Can you photograph three local landmarks?
Which one is your favourite and why?



What else did you see?

INDOOR CHALLENGE

If you could re-imagine the world outside your window, what would you like to see?

Can you draw or paint it?

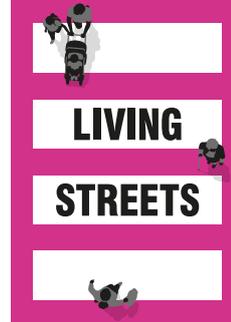
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IMAGINE

Nothing sparks imagination quite like a good walk! Our 'Imagine' activities are designed to inspire fantasy, encouraging children to re-write the world around them. Give them a try and share your thoughts, snaps and videos on social media.

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A LIFE OF THEIR OWN

AGES 8-11

What draws your attention when you are out walking? Maybe a wonky tree, or a funny-looking car?

Pick one and give it a life of its own.

- What's its name and how old is it?
- What does it do at night when everyone's asleep?

When you get back from the walk, try writing a poem about your imaginary character.

WALKING WITH THE ANIMALS

AGES 4-7

While out for a walk, can you think of three animals which you wouldn't normally see?

Where do you think they would go, and what would they do if they came to visit your area?



When you get back from the walk, try turning what you imagined into a drawing.

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INDOOR CHALLENGE

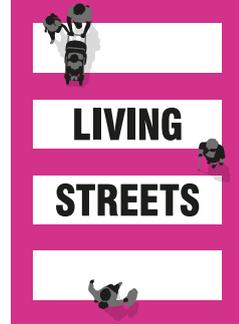
What's the most extraordinary walk you can imagine?

- Is it set in your local area, or possibly on another planet?
- Is it in the present, or have you time travelled?
- Who are you with and what would happen?

Can you turn it into a short story called 'My Extraordinary Walk'?

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CONNECT



Stepping outside and giving our 'Connect' activities a go will inspire children to stay connected with friends and family! Try them out and share your thoughts, snaps and videos on social media.

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PICTURE POSTCARD

AGES 8-11

Where are you looking forward to spending time with your friends again? Perhaps school or the local park?

Pick a place and take a picture there while out for a walk.

Ask an adult to help you share the picture with a friend.



Be sure to include a message with your picture and encourage your friend to send one back to you!

SPECIAL DELIVERY

AGES 4-7

Letters are a great way to stay connected with people you haven't seen in a while.

Before you go for a walk, write a letter to a friend or family member.

Post it on your walk, through their door if they live locally, or find a post box if not.



Be sure to make your letter colourful and don't forget to ask for a reply!

INDOOR CHALLENGE

Pick a relative or friend you haven't seen in a while and make a pledge to speak to them more regularly.

- Will you phone, text or email?
- How often will you contact them?

Can you turn this into a bright pledge poster for the fridge or your bedroom wall?

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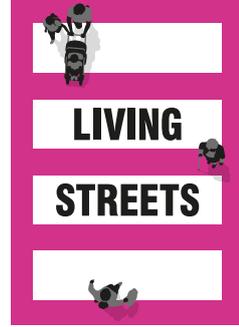
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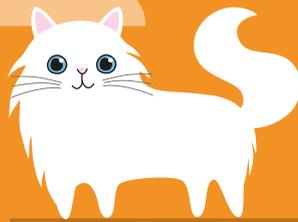
NICE TO SEE YOU

AGES 4-7

What things make you happy when you're out for a walk? Maybe seeing a friendly neighbour or a fluffy cat?

Keep a list while out for a walk and then choose one to celebrate when you get home.

Can you draw it and write why it brightens up your day?



TIP: You can use your drawing to decorate the 'make some noise' shaker.

If we look hard enough there is always something that we can celebrate; maybe a special event, or simply something we're grateful for! Share your thoughts, snaps and videos on social media.

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MAKE SOME NOISE

AGES 8-11

Try turning an old container such as a plastic bottle into a musical instrument when out for a walk. Simply collect a range of natural materials like pebbles and twigs. Remember to wash your hands before and after your walk!

Then seal it and give it a shake. Have fun trying different sound effects by changing what's inside.



When you're done, use your instrument to make some noise to celebrate whatever it is that you are grateful for today!

INDOOR CHALLENGE

With the help of an adult, try baking or decorating a cake to celebrate an achievement, a family member whom you love, or simply walking!



Don't forget to ask an adult to share your picture with us on social media before you tuck in!

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SHARE

Sometimes it's easier to walk and talk. While out for a walk, talk to your child about how they are feeling using these activities to make it fun and playful. Remember to always wash your hands before and after your walk.

Share your experiences, snaps and videos on social media.

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HAPPY THOUGHTS TREASURE CHEST

AGES 4-7

When out on your walk think of all the things that make you happy, perhaps playing, drawing, or dreaming about enchanted lands.

Collect or make a note of one thing to symbolise each happy thought.

When you return home, draw or place your 'happy thoughts' in a container and decorate it to turn it into your happy thoughts treasure chest.

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MAKE A FEELINGS STICK

AGES 8-11

Each time you go out on a walk collect something that shows how you are feeling and attach it to your stick with wool or string when you get home.

TIP: you could use different coloured things to show different feelings.

INDOOR CHALLENGE

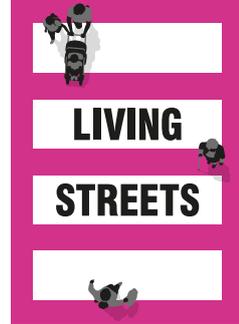
Can you draw an emotions tree?

Draw the outline of a tree with a big leaf for each different emotion you can think of.

Think about the colours that best reflect those emotions and use them to shade each of the leaves.

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EMBRACE



Through these activities, we'd like to encourage you to embrace the ideas that bring us together and the special things that make us unique. Get involved with our 'Embrace' activities, and share your thoughts, snaps and videos on social media.

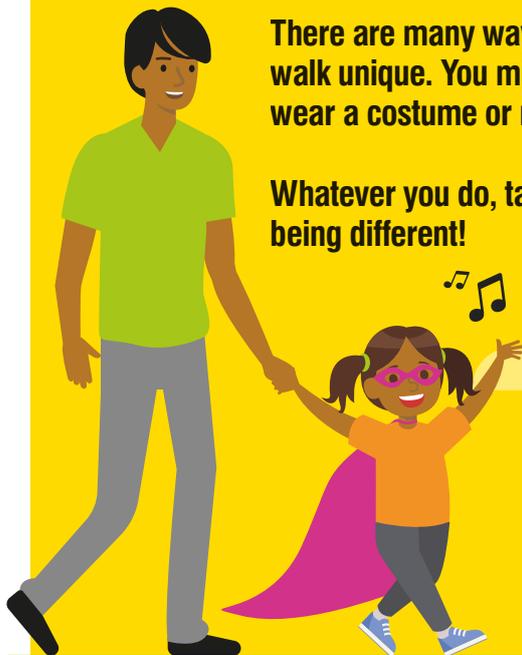
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WALK YOUR WAY

AGES 4-7

There are many ways you can make your walk unique. You might paint your face, wear a costume or make up a song.

Whatever you do, take pride in being different!



Ask an adult to help you share your experience with a friend, and remember to ask how they walked their way.

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A MILE IN THEIR SHOES

AGES 8-11

Try putting yourself in the shoes of someone who may experience the world differently. Perhaps a wheelchair user or someone who is visually impaired.

While on your walk, what do you encounter which could be improved for that person? Is there something blocking the pavement, or not enough time to cross the road?



When you get home, write about your experience explaining what you would change and why.

INDOOR CHALLENGE

Pick someone you know and think of:

- three things you have in common;
- three things that make you unique and different.

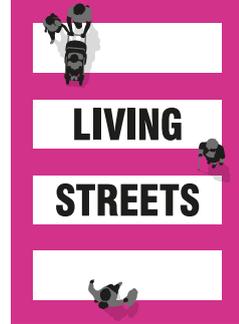
Can you write that person a letter about why you like these things about them, to share next time you see them?

You rock!



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OBSERVE



Walking gives us a chance to make observations about the world which we would otherwise miss. Give these activities a go and share your thoughts, snaps and videos on social media.

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USE YOUR SENSES

AGES 4-7

Step outside for a special sensory season walk! Can you use your senses to observe the specific characteristics of the current season while out for a walk?



Back home, make a list of all the things that you saw, heard and smelled. How do they differ from what you might observe in the other three seasons?

FREE AS A BIRD



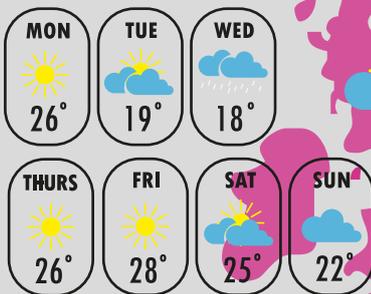
AGES 8-11

How many different types of bird can you spot when out for a walk?

If you see one you don't recognise, make a note of what it looks or sounds like, or take a picture if you can.

Use your notes and pictures to research and identify any you don't know when you get home, then challenge a friend to spot more!

INDOOR CHALLENGE



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Create your own Weather Diary. Each day of the week look outside your window and observe the weather. Is it:

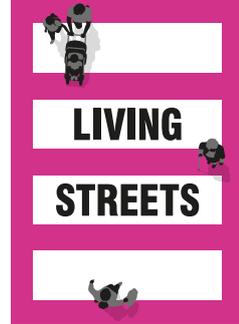
- Sunny or cloudy?
- Hot or cold?
- Dry or wet?
- Windy or calm?

Do you notice any dramatic changes during the day, and how does each day compare to the last?

Record your observations in your diary, including illustrations reflecting them!

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With the below activities we're challenging you to do something different. Get outside, get creative, and share your thoughts, snaps and videos on social media!

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CHALLENGE



SPELL IT OUT

AGES 8-11

Displayed on signs or shaped by nature and everyday objects, the letters of the alphabet can be seen all around when we look closely enough. When out for a walk can you spot and snap the seven letters that make up 'WALKING', then combine them in a collage to spell it out?

What other letters do you come across, and what else can you spell out?

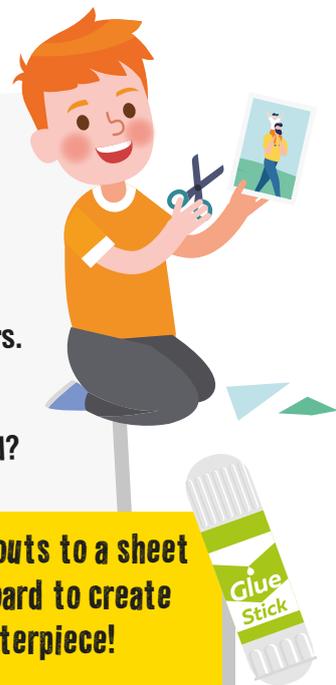
Ask an adult to share your picture collage with us on social media using #WalkingFromHome

INDOOR CHALLENGE

Find out about the benefits of walking and celebrate them by making a collage.

Grab your scissors, glue and some old magazines or newspapers. Cut out pictures of people walking, and words linked to the benefits of walking. How many can you find?

Glue all your cut outs to a sheet of paper or cardboard to create your walking masterpiece!



SPORTS DAY

AGES 4-7

Whether it's an egg and spoon race, obstacle course or something else, choose a sports day event and recreate it while out for a walk.

Before you go out, think about where you'll go and what you'll need to make it a success.

Take on a sibling or family member from your household to see who will be crowned this year's champion!



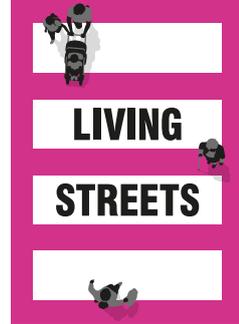
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PROTECT

Our 'Protect' activities are all about appreciating the wildlife around us and thinking about what we can do to protect it. Get involved and share your experiences on social media!

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MIND THE LITTERBUGS

AGES 4-7

Litter looks ugly and is bad news for wildlife, but unfortunately, it's hard to miss when you go out for a walk.

With some gloves, wet wipes and the help of a parent or carer, can you fill a carrier bag with the litter you come across on your walk?



When you're done, dispose of the litter responsibly and work out what waste can be recycled and how!

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MAKE YOURSELF AT HOME

AGES 8-11

Places that animals call home are everywhere, from bird nests up high, to rabbit holes down low.

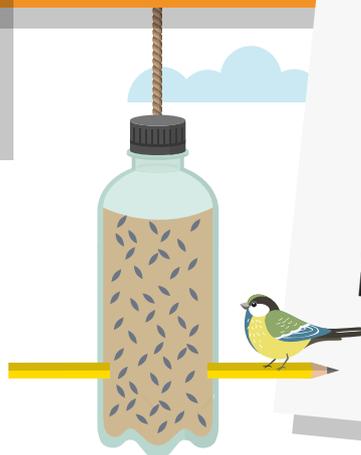
What signs of life can you spot when you go for a walk, and how do the nests and dens you see protect the animals that live there?

After your walk, try creating a model home for an animal of your choice. What comforts and protections would you give them and why?



INDOOR CHALLENGE

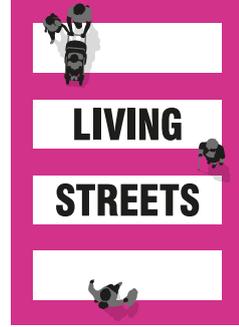
Making a bird feeder is one of the simplest ways to support local wildlife, while also finding new uses for old rubbish. Using a plastic bottle, pencil, scissors, seeds and string, have a go at creating your own and hanging it outside your home.



Look online if you need some tips, and don't forget to look out for new visitors!

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PLAY

Join in on the below activities and celebrate the hobbies, sports, and games you love. Let us know what you're playing by sharing your experiences on social media!

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THE SHOW MUST GO ON

AGES 4-7

Imagine that this year, Wimbledon or the Olympics and Paralympics are taking place in your local area and it's you who's the star.



Pick an event, go out for a walk, and challenge friends or family to take you on in your own final!

400 STEPS STOP

AGES 8-11

Did you know that during a football match, on average, the ball is passed between players around 400 times?

Where do you think 400 steps could take you on your walk? Try it out! Go for a walk with your family and walk exactly 400 steps from your front door. Where did you end up?

...251, 252...



Take a mental picture of what is around you. When you get home make a drawing of what you saw at your 400 steps stop. Ask an adult to share your drawing with us on social media!

INDOOR CHALLENGE

Every winner needs a prize!

Can you design and make your own medal or trophy to be awarded for taking part in activity one or two?



See what materials you can make use of in the recycling bin and get creative with pens and paint!



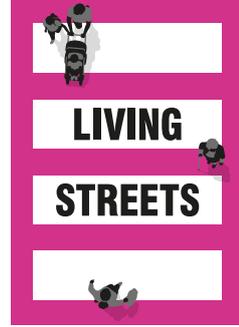
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LET'S
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GROW

Through this set of activities we reflect on growth and look ahead to what comes next. Join in and share your thoughts and experiences with us on social media!

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A TREE FOR ALL SEASONS

AGES 8-11

While out for a walk and with the help of an adult take a photo of a tree which you would expect to change throughout the year.

Use your photo of the tree in the current season to look ahead and imagine what it will look like in the other three seasons. Then try drawing a picture of it at each time of year.

STEP INTO THE FUTURE

AGES 4-7

A walk with a family member is a great opportunity to discuss how you feel about the future.

Thinking about the school year ahead, can you list:

- Three things you're excited about?
- One thing you're nervous about?

When back from your walk, make a drawing of how you imagine your first day back to be.



Can you write a short poem about the life of that tree, reflecting on how the seasons affect its changes?

INDOOR CHALLENGE

Taking a snapshot of who we are now can help us look back and see how much we've grown in the future.

Can you create an 'All About Me' fact file, documenting your name, age and favourite hobbies and interests? Remember to include a drawing of yourself!



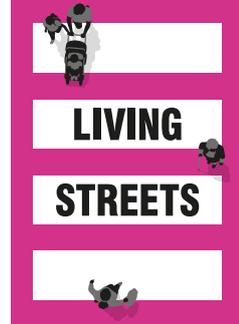
When you're finished, store your fact file somewhere safe so that you can revisit it as you get older and see how you've grown and changed.

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REFLECT

Make some time to reflect on what difference the last 12 months have made. What has changed in your life and around you? Use our 'Reflect' activities to give it some thought, and don't forget to share your experiences with us on social media!

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BEFORE AND AFTER

AGES 4-7

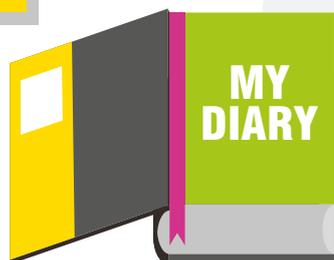
A lot can change in the space of the year; whether it's a new shop on the high street, a tree blooming in the park, or a brightly painted house on your road. While out for a walk this week, what changes can you spot in your local area?



When you get home, pick one change and use your memory to draw before and after versions of the same scene.

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MAKING MEMORIES

AGES 8-11

Can you think about some of your happiest memories from the last 12 months?

Go on a walk with a family member, and together, remember these happy moments.



On return home write a poem about these memories. When you're finished, you could even read it out to your family if you feel like it.

INDOOR CHALLENGE

Thinking back over the last school year, what highlights can you remember?

What were your favourite subjects, who did you make friends with, and how did you spend your weekends and holidays?

Have a go at turning these memories into a diary entry, telling the story of your year at school.