



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!**



LIVINGSTREETS.ORG.UK/PRIMARY-SCHOOLS

Living Streets is the UK charity for everyday walking and the people behind the Walk to School campaign.

Living Streets (The Pedestrians' Association) is a Registered Charity No. 1108448 (England and Wales) and SC039808 (Scotland). Company Limited by Guarantee (England and Wales), Company Registration No. 5368409. America House, 2 America Square, London, EC3N 2LU

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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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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.

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.

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