

#WALKING FROM HOME

WALKING ACTIVITIES FOR PRIMARY SCHOOL-AGED CHILDREN

LIVING
STREETS

LET'S
WALK TO
SCHOOL

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

With the summer solstice taking place this week, can you use your senses to observe the changing seasons 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 autumn or winter?

FREE AS A BIRD

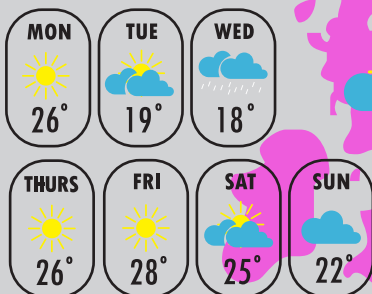


AGES 8-11

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

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?

Living Streets is the UK charity for everyday walking and the people behind the Walk to School campaign. Visit our website to find out more:

LIVINGSTREETS.ORG.UK/PRIMARY-SCHOOLS

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