

#WALKING FROM HOME

WALKING ACTIVITIES FOR PRIMARY SCHOOL-AGED CHILDREN

LIVING
STREETS

LET'S
WALK TO
SCHOOL

EMBRACE

While we can't embrace each other physically, we can still embrace the ideas that bring us together and the special things that make us unique. Get involved with this week's activities, and share your thoughts, snaps and videos on social media.

#WalkingFromHome @LIVINGSTREETS @LIVINGSTREETS f LIVINGSTREETSUK

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.

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?

TIP: 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!

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](https://www.livingstreets.org.uk/primary-schools)

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