



# Activities for a Winter Walk

As lockdown continues walking may be one of the most beneficial forms of physical activity you can do as it is so accessible. Being out in nature also has a feel good factor. If your walks have a challenge or a different focus other than walking, it can make the experience more enjoyable. Adapt everything to your surroundings and children.

Engage all your senses - Look for 4 different things, really listen to 3 different things, touch 2 different things and smell 1 thing. (Using the senses reminds us of the good around us).

## Look

- Look for all the colours in the rainbow.
- Start at A and look for something beginning with all the letters in the alphabet.
- How many different birds can you see? Insects? Flowers?
- Photo walk - Who can take the best photo, most unusual, funniest?
- Look at the clouds and see if you can see an animal, a face in them?

## Collect and Do

- Go on a Bear Hunt - yes pretend to go over it, under it and through it.
- Make patterns in the mud.
- Collect sticks and make your own 'Stickman'.
- How many different shaped leaves from the floor can you collect? Or different colours?

## Be More Active

- At every lamp post/bench, do hopscotch, squats or jumping jacks etc.
- With older children, track the walk (lots of apps freely available) and see what patterns you can make or how far you can go.
- Right and left, forward and backwards for 10-20 paces in an open space (could be random or make a pattern).
- When you see a number (e.g. 5) do 5 jumping jacks. (The same could be on car number plates).
- Run to the tree and back, run to the bench and back. Replace run with skipping.
- When you see something orange or a red car - do 5 jumping jacks.
- Jumping in puddles - if kitted out right or don't mind washing - so much fun for all.