



Why does walking matter?



- Gets the whole body moving and can increase fitness
- Helps improve mood and feeling better
- It feels like an adventure to see the world and be in nature
- Creates happy family memories

Questions to ask the class



- Do you go for a walk with your family?
- Can you walk to school?
- How far can you walk?
- What would make walking more fun?
- Do you sit on the grass and look at the clouds?
- Do you play in the trees?

Try these ...



- Go for a walk with a friend or family - make it a little adventure eg - look for 5 yellow things or 10 different numbers or the letters that spell your name on signs
- When you are walking, touch the grass, listen to the leaves
- Count or track your steps and compare with family or friends
- Where would you like to walk? What will you do with your family?