

Walk to School

Family Activities for the Walk to School!

As a family, why not try a few of these activities on your walk to school!



How Long?

Time how long it takes to get to different points along your route: can get to these points more quickly on some days?

Or challenge your child to guess how long they think the route will take



Walking Bingo!

As part of your walk to school, can you spot one thing for each colour of the rainbow?

Or something for each letter of the alphabet?

Or can you make your own list things to spot?



Creating Characters!

What draws your child's attention when you are out walking? A wonky tree, an animal, or a funny-looking car?

Pick one and give it a life of its own.. What's its name and how old is it? What does it do at night when everyone's asleep? Who are its friends?



Spell it Out

Letters are everywhere! They may be displayed on signs or shaped by nature and everyday objects. When walking to school can you spot and snap the seven letters that make up 'WALKING'.

What other letters do you come across, and what other words can you spell out?



Making Memories

Can you think about some of your happiest memories from the last 12 months?

When you are walking to school with your child(ren), can you remember and talk about these happy moments.



I-Spy

A simple game that will get your child to take notice of their environment on the walk to school!

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How many steps?

If you have a fitbit or activity tracker, can your child guess how many steps it takes to get to school?



Counting Cars!

See how many cars in traffic queues you can overtake before they start moving.



Spot Signs of Life!

From bird nests up high, to rabbit holes down low.

What signs of life can you spot when you are on your walk to school? How do the nests and dens you see protect the animals that live there?



Wildlife Spotting!

What wildlife or signs of wildlife can you spot when you are on your walk to school?

Birds - can you hear them in the trees and up above?

Insects - are they in the trees and bushes?



Thinking About the Future

Walking to School is a great opportunity to discuss how your child(ren) are feeling about the future.

Thinking about the school year ahead, can you talk about:

Three things they are excited about?

One thing they are nervous about?



Plan your weekend

Use the walk to school to plan your weekend and come up with some ideas of things you could see or do as a family