

WALK THIS WAY

ALPHABET AMBLE

LENGTH Short

AGE 5-105

WHERE Any park or
green space

Search for something
beginning with each letter
of the alphabet.

Draw or write the name
of what you find in the
boxes.

You could do the activity
together or you could
each do a sheet and com-
pare answers at the end.

TIP!

Why not make it into a
competition

- | mark for each answer
- | mark for an adjective
- | mark for each unusual
or interesting answer.

Can you find something
beginning with...

Aa

Bb

Cc

Dd

Ee

Ff

Gg

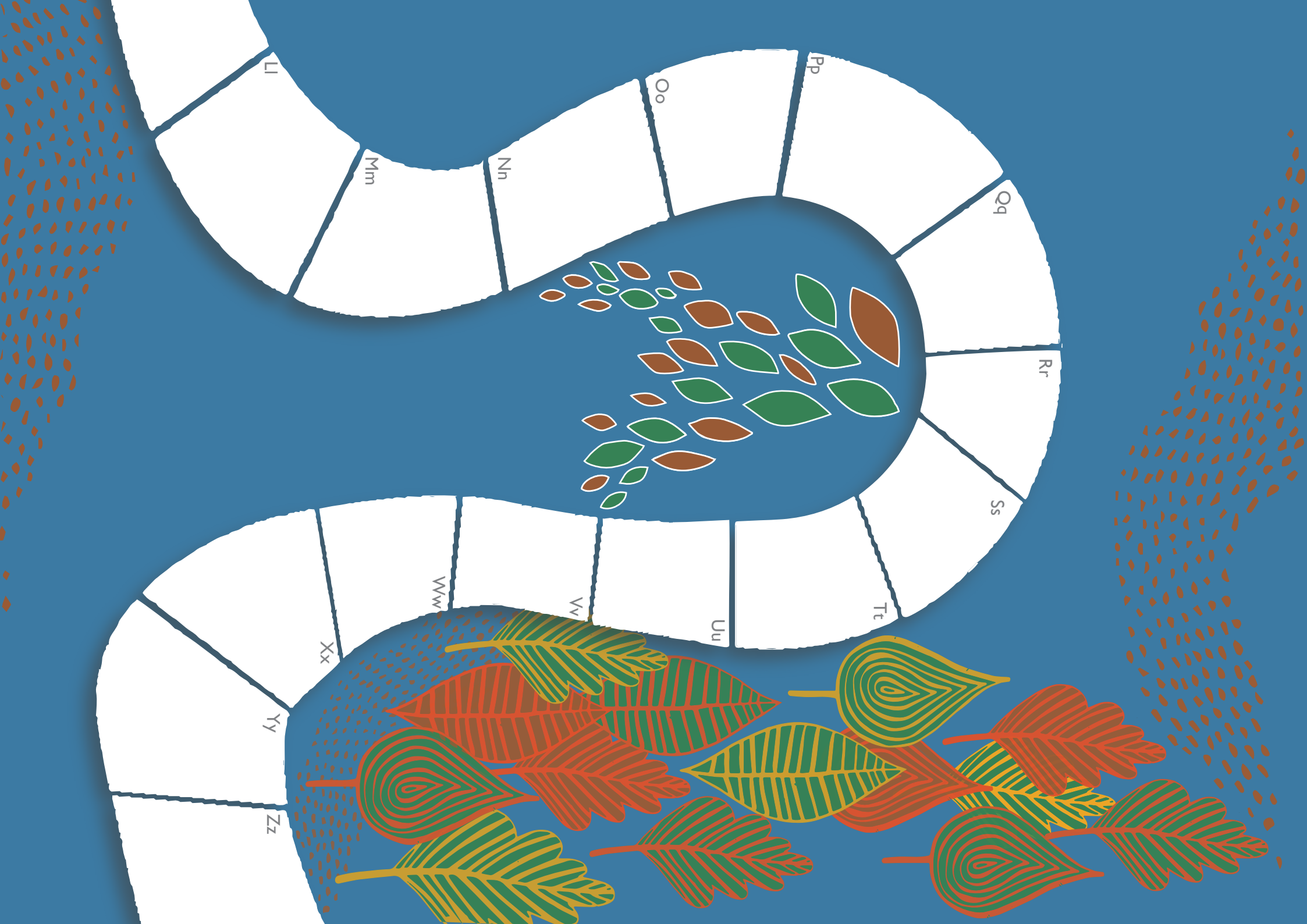
Hh

Ii

Jj

Kk





WALK THIS WAY



GRANDPARENT GANDER

LENGTH Short
 AGE 5-105
 WHERE Any park or green space

Why not take your grandparents for a walk?

Get them out of that chair and into the park. They will be amazed at what they can find there.

Choose a leader and print the Walk Leaders badge. You can decorate it, cut it out and pin it to your clothes with a safety pin or some sticky tape

TOP TIPS!

Count the number of people before and after the walk, you don't want to leave anyone behind.

Plan the route and point out anything of interest on the way.

Watch for traffic when crossing the roads.

Make sure that you wear the walk leaders badge so that everyone knows who is in charge.

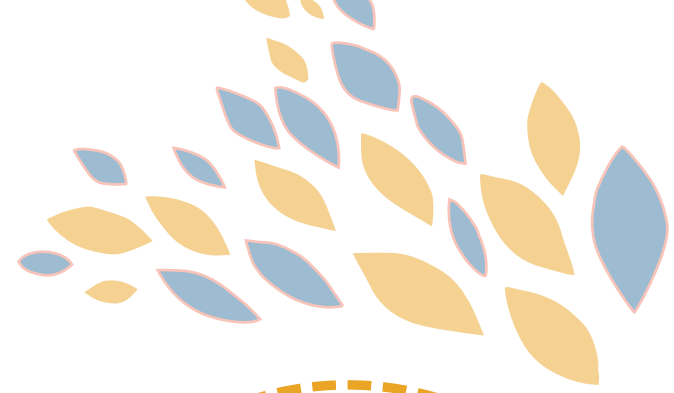
Make sure that you have lots of stops and use the benches.

The adults might like a snack – you could take a picnic or buy an ice cream.

Here are some activities that you could do with them such as; feed the ducks, give them a lesson in tree climbing, you will probably have to demonstrate, play poo sticks, go on a bug hunt, play hide and seek.

Ask them what they used to do in the park when they were young, maybe you could play the same games.

Don't forget to take a camera so that you can record the trip.



Cut along dotted line



WALK THIS WAY



THE QUEST

LENGTH Medium
AGE 5-105
WHERE Any park or green space but particularly those with interesting features

This walk should have a target or goal at the end of the walk. It could be a river, a bench, or some other feature in the park.

You could choose one person to set clues, challenges or give directions using the cards that will lead everyone from one point to another.

You can use words or drawings. Make some clues easier than others and be inventive.

Take it in turns to choose a card or do it together.

Cut along dotted line



WALK THIS WAY



TELLING TALES

LENGTH	Short
AGE	6-105
WHERE	Any park or green space.

Why not take books to read in the park. They could have outdoor theme or be related in some way to the open space that you are visiting. For example books that include rivers, trees or old buildings in their story.

If you are not sure which book to take The Book Trust has a Bookfinder tool that lists books by topic. It includes books for all ages including adults;

<http://www.booktrust.org.uk/#/d/books/bookfinder/>

During your walk find a suitable place to sit and read the story and perhaps retell it a second time using the objects that you see around you or give the characters family names.

If you don't have a suitable book you could try story telling. Make up a story based on the open space and your walk. The characters in the story could be your family members. Take regular breaks from your walk and add a new chapter at each stop. Encourage family members to get involved in the story telling.

When you get home you could write and illustrate your story.

The Society for Storytelling has advice sheets which give advice on story telling:

<http://www.sfs.org.uk/resources>

These include sheets on 'Family Storytelling' and 'A Beginners Guide to Story Telling'.

WALK THIS WAY



TREASURE TRAIL

LENGTH Short
AGE 5-105
WHERE Any park or green space but particularly those with interesting features

Before you set out on your walk decide on the treasure that you would like to search for while you are out walking. Draw or write on the flash cards.

Your treasure could be something in the park (e.g a roundabout) or just a word that can be interpreted in a number of ways (e.g a twirl) or a symbol or picture.

Involve everyone in deciding on the treasure and on the walk see who can spot the treasure first.

Cut along dotted line

