

# Challenge: Not another walk!

It's really important to get out and about in the fresh air when we can. It's good for our bodies and it's also good for our mental health and it helps to keep us feeling positive and happier, as well as the vitamin D we get from the sunlight (even when the sun isn't shining brightly!). We've all been having lots of walks lately, so here's a challenge that will make you the leader, and to make going for a walk a bit more interesting. How will you use your leadership skills to keep them fun and entertaining? How will you encourage the rest of your group to keep going? Why not have a go – we can't wait to see how you put the fun into a daily walk!

**You will need:**  
**(all optional)**  
 - Paper, pencil  
 - Collecting bag  
 - Tracker app

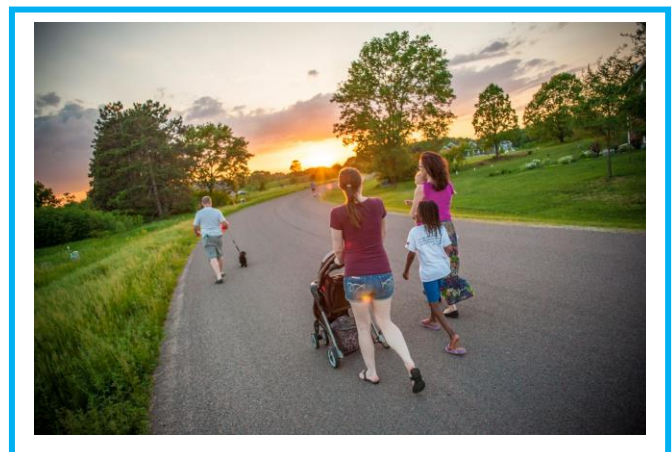
**Step 1:** Decide when you'll be going for a walk and who will go with you. You might need to keep an eye on the weather, but even if it rains, grab a coat and an umbrella if you have one, as walking in the rain is even more fun when you can snuggle up with a duvet or blanket with a warm drink when you get back home!

**Step 2:** Decide where you'll go. Maybe an adult can help you decide your route. Can you draw a map or write a set of instructions to follow? Can you estimate how far your walk will be? Can you estimate how long it might take you? Maybe an adult can use an App to help map your walk (Strava is a good one, as it tells you where you went, how far it was and how long it took).

**Step 3:** Will you take any healthy snacks along with you? Maybe a drink too? Get them ready to go.

**Step 4:** Think about how you could make the walk a little different. Here are some ideas...

- Make a scavenger hunt for things to find along the way (post box, phone box, red door, bust stop, etc.)
- Capture your journey by taking photos at different stops
- Take some paper and wax crayons along and do some rubbings along the way (tree bark, bench, wall, etc. and look at the differences in textures)
- Look out for bugs (they hide under rocks and stones!) or see what other animals you can find along the way
- Collect some 'treasures' along the way (leaves, feathers, pebbles, etc.) then make a collage when you get home
- Turn your walk into an obstacle course (climb over benches, run round a post box, hop past a bus stop, etc.)
- Play 'spot the sign' and try and work out what they mean. You could take photos and look them up when you get home



**Step 5:** Why not create a timetable for the different activities on different days? Get your group together and off you go!

**Which skills will I be developing?**

**Main**

**Additional**



**Skills Builder**  
 PARTNERSHIP

