

Step up your game

Try these activities to make walking more fun!

TREASURE TROVE!

Give your child their own foraging bag and see what treasures they can find on your next walk. Let them fill it with stones, feathers, sticks, pine cones, leaves, shells and rocks. Make sure they collect things responsibly and safely.



SPOT THE SIGN!

See how many road, information and safety signs you can spot on your walk and ask your child to guess what they think they mean.

How many can they guess correctly?



READ A MAP!

Ask your child to have a go at following a simple map or walking route. This is a great way to build confidence and independence. If you have a compass, ask them to try and navigate North, South, East and West.

[Click here to access guides to local walking routes](#)



GET CREATIVE!

Pack a sketch book or some paper and crayons and ask your child to try bark rubbings on a tree trunk or use a leaf to look at the different patterns and textures created.



STEP CHALLENGE!

Use a step counter app to track the number of steps taken on your walk. See if you can beat it next time!

Why not look up some facts to help your child understand how far they've travelled!

PLAY A GAME!

Play simple games whilst walking such as I Spy, the Alphabet game where you name a food or animal beginning with A, the child names something starting with B & so on and the shopping list game where you take it in turns to add an item to the list and try remember them all.

Great to keep younger children engaged!

SCAVENGER HUNT!

Why not create a list of items to spot on your next walk. Your child could write them down or draw pictures. Include a variety of items such as an insect, a fallen branch, a river, an interesting coloured leaf.



SNAP IT!

Unleash the photographer in your child and let them get behind the camera to take some photos of interesting landscapes, colours, animals or objects they spot on their walk. You could even print some off and create a scrapbook.

Get creative!

