

# The Wokingham Walking Challenge

Walking together is a simple way to connect as a family, with fresh air and silly chats along the way. This challenge helps children enjoy short walks, notice their surroundings and feel proud of every step. Use it on school runs, weekend strolls or quick trips close to home.

## 1) Start your walk!

Where will you go? Pick a short walk near your home - to school, the park or the shops. Put on comfy shoes and head out together!

Write where you'll go: \_\_\_\_\_

## 2) Can you spot these things?

See how many of these you can spot on your walk. Tick the boxes when you've seen them.

Who can see them all first?

- A colourful door
- A pet
- Three different types of leaves
- A red car or bike
- A house number with the number "3"
- A tall tree
- A pattern on the ground
- A bird flying overhead

## 3) Try one of these fun tasks!

How many of these walking tasks can you do?

- Walk in giant steps, then tiny steps
- Count how many dogs you see
- Make up a walking song
- Choose a walk leader who picks the route
- Race to the next lamppost (safely - don't cross any roads without an adult!)

## 4) You made it!

Talk about what you saw, what you liked and how the walk made you feel.