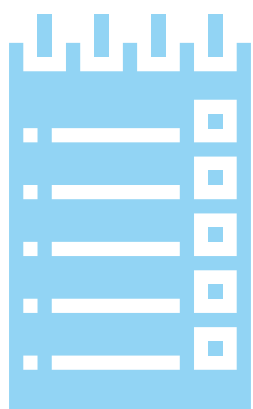


MAKING THE MOST OF FAMILY WALKS

during Covid restrictions

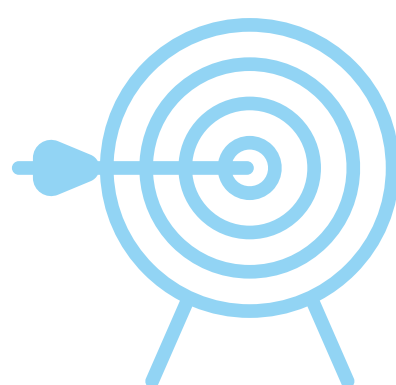


PLAN AHEAD

- change or reverse your usual route
- find a laneway or building you've never visited before
- go for a walk in the dark with torches
- incorporate walks into a reward system or chart
- bring some snacks or have a picnic mid-way
- go for a dawn walk and watch the sun come up

SET UP CHALLENGES

- walk somewhere that you usually drive to
- guess how far you can go in a thousand steps
- guess how far you can reach in 20 minutes
- guess how many red cars you will see
- sprint the last part of the walk
- time your walk everyday and see how fast you can go

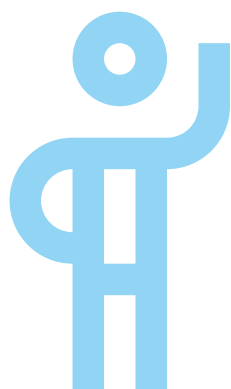


CHAT

- 'lucky dip' questions about each other
- take turns chatting about a chosen topic
- talk about plans for the weekend
- vlog a walk on your phone
- look up local history and landmarks to chat about

PLAY GAMES

- bring a ball for a kickabout
- hide messages or clues along the route
- play memory games as you go
- print photos of landmarks on the route and find them
- paint pictures on stones and leave them on your route



CONNECT WITH OTHERS

- deliver a letter/gift/baking to a friend
- offer to walk someone else's dog
- walk to a faraway neighbour to chat at their door
- arrange for a friend to join you on your walk
- let siblings go on a message together

CONNECT WITH NATURE

- slow down to track changes in nature - buds, seed heads, visiting insects
- print ID charts to learn the names of flowers and weeds, trees, birds
- collect items for an art project - leaves, stones, shells, twigs
- photograph or draw your favourite tree, insect, bird for each walk
- rate and review your walks - have a 'Walk of the Week'

