

#WALKING FROM HOME

WALKING ACTIVITIES FOR PRIMARY SCHOOL-AGED CHILDREN

LIVING
STREETS

LET'S
WALK TO
SCHOOL

CONNECT

Stepping outside and giving this week's activities a go will inspire children to stay connected with friends and family! Try them out and share your thoughts, snaps and videos on social media.

#WalkingFromHome

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PICTURE POSTCARD

AGES 8-11

Where are you looking forward to spending time with your friends again? Perhaps school or the local park?

Pick a place and take a picture there while out for a walk.

Ask an adult to help you share the picture with a friend.

Be sure to include a message with your picture and encourage your friend to send one back to you!

WISH YOU
WERE HERE

SPECIAL DELIVERY

AGES 4-7

Letters are a great way to stay connected with people you haven't seen in a while.

Before you go for a walk, write a letter to a friend or family member.

Post it on your walk, through their door if they live locally, or find a post box if not.

Be sure to make your letter colourful and don't forget to ask for a reply!

INDOOR CHALLENGE

Pick a relative or friend you haven't seen in a while and make a pledge to speak to them more regularly.

- Will you phone, text or email?
- How often will you contact them?

Can you turn this into a bright pledge poster for the fridge or your bedroom wall?

Living Streets is the UK charity for everyday walking and the people behind the Walk to School campaign. Visit our website to find out more:

LIVINGSTREETS.ORG.UK/PRIMARY-SCHOOLS

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