

Walking

Walking has lots of health benefits.

It's also a great learning opportunity for the children in your setting. Why not plan some exciting walks for children and families to take part in together?

Here are some theme ideas:

- Nature walks
- Number/shape/letter/scavenger hunt walks (rhyming scavenger hunt activity)
- Community walks
- Bird watching walks
- You could encourage a 'walk to nursery' day
- Muddy puddle walk
- Draw a community map and log all of the places the children walk to.



Use step counters to measure how far children are walking each day of the week.