

Things to find on a Walk



Government advice currently states that families are allowed out for exercise. This information sheet has been developed to inject some fun, playful activities into daily exercise and throughout the day.

- Before you go...**
- Can you find all the pictures on your walk
 - Can you collect the pine cones, leaves and daisies?
 - Remember to grab your pencil to record your finds
 - Take pictures if you have a camera



What else can you find?

	Your street sign	

Keep a log of your Journey

How many people did you see?
Did you know them?
How many steps did you walk?
What was the weather like?

- When you get back...**
- What other bugs did you find?
 - Can you paint and make something with the stuff you collected along the way?
 - Can you make a Daisy chain?



Important
Adhere to social distancing guidelines during any daily exercise.
Remain at least 2 metres away from other people at all times