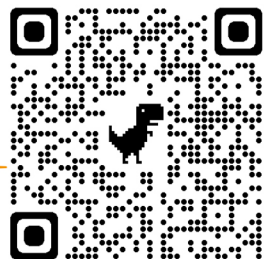


Enter our Termly Prize Draw

Scan the code to enter!



★ Colour in a star for each day you get outside! ★

Mon



Tues



Weds



Thur



Fri



Sat



Sun



Walking makes me feel...



For more information on **Active Travel** and how you can transform your school commute contact activetravel@activecumbria.org



WALK TO WELLBEING

5 Ways to Wellbeing

Building small actions into your daily life can make you feel good and feeling good is an important part of being healthy.

BE ACTIVE

There are lots of ways to be active but walking or wheeling is one of the simplest activities to fit into your day.

You could walk or wheel:

- ☐ to and from school
- ☐ to the shops
- ☐ to the park



CONNECT

Here are some ways you can use your walk to connect with others.

- ☐ Say hello to someone on your walk.
- ☐ Tell someone about the things you see and do on your walk.
- ☐ Why not sign up for Street Tag and see how many points you can gather on your walks?



TAKE NOTICE

- ☐ Fill in your bingo card while you're out walking – you don't have to do this all at once.
- ☐ Try a different route to school. How many new things can you spot?



LEARN

- ☐ Find out something about your local area on your walk to school.
- ☐ Can you follow your route on a map? How about learning what the different symbols mean?



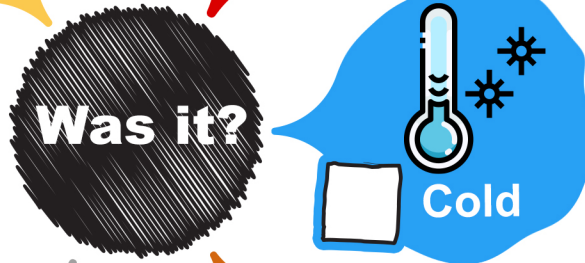
GIVE

- ☐ How could you be helpful? – perhaps you could pick up some litter on your walk.
- ☐ Keep a friend company who might not like walking – it will be more fun together.



Super Sensations

Another way to take notice on your walk is to think about how your senses are affected by your surroundings.



Was it?



Choose as many as you need



Walk to Wellbeing Bingo



This activity offers a means of 'taking notice' while out walking. Try spotting some of the different objects. How many can you find?

