

10 activities to do when you are on your walk

Remember walk 2 metres apart when walking with a friend, be careful when touching opening and closing gates use your hand gel after touching any locks and wash your hands thoroughly when you get home immediately. Have fun on your walk!

1. When you go for a walk see if you can find leaves of all of these five trees. Can you find 2 other types of leaves?



2. Can you find a fork shaped twig?
3. How many dogs can you spot on your walk?
4. Spot someone wearing red.
5. Can you spot a car registration with a 9 and an S on it.
6. Can you count how many Christmas lights are still up on the outside of houses. Have you found 5?
7. Walk for 20 strides then jog for 20. Can you do this for 2 of your favourite songs from your phone. Can this be increased to more song tracks.
8. Can you spot a post box. - what is the next delivery time?
9. Can you find a brown gate?
10. Make a small obstacle course with twigs and leaves to create ladders