

Wonderful Ways to Walk with young children

Ideas to try in Green Spaces

Finding your Feet

Feel the ground under your feet

Feel the wind on your skin

Breathe in - feel the wind inside you!

Breathe out - blow the wind out!



Movement Games

Move like what you see...

Waddle like the ducks

Bounce like a raindrop

Spin like a falling leaf

Sway like a tree

Rush like the wind

Bob like a flower

Tracking & Trails

Look for signs that animals have left, like droppings, footprints, holes or scratches

What sign could you leave behind?
Make footprints, marks in the mud
or create signs with sticks



Collect & Make

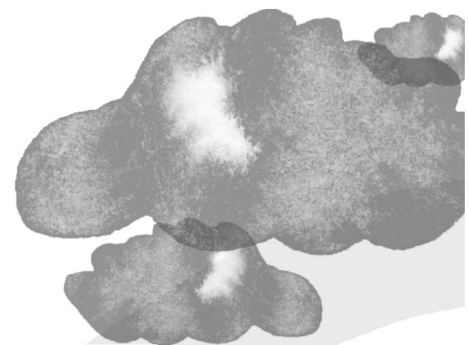
Use what you find, without picking or damaging plants
Can you create a spiral, a star, a tower, a ring?

Sing a Song

Change the words of a song you know for the things you see or hear
Try the tune of The Wheels on The Bus -

*The leaves in the trees go rustle-rustle-rustle, rustle-rustle-rustle,
rustle-rustle-rustle, The leaves on the trees go rustle-rustle-rustle
all day long*

Try - *the chicks in the nest go cheep-cheep-cheep
ducks on the pond go quack-quack-quack
the bees in the trees go bzz-bzz-bzz*



Take a break

Stop, close your eyes, listen

How many different sounds do you hear?

Listen for - loud & quiet noises

high & low sounds

sounds made by nature & sounds made by machines

hub
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These activity sheets were developed & designed by artists Jo Blaker & Emma Spencer, commissioned by Hub Sleaford & funded by Active Lincolnshire & Sport England



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