

Spring into Action Toolkit

Staying active from home

This toolkit is a collection of activities put together by the My Journey Travel Planning Team to give inspiration to the time being spent by families out **Walking for their Wellbeing.**

Themed around the **NHS's 5 Steps to Wellbeing**, these activities are suitable for use in spring and summertime. When out on walks near to your home, why not try some of these ideas to make the experience a little richer? Please remember: do not pick any wildflowers.

Please follow up-to-date Government advice on social distancing when exercising outside or doing any of these activities with members of your household. Wash your hands before and after going outside.

Be more active

Make activity part of your everyday – walk, run, cycle and scoot during your daily exercise, play ball in the garden or offer to take a friend's dog out with you if they are unable to go at the moment.

While out, workout ... naturally

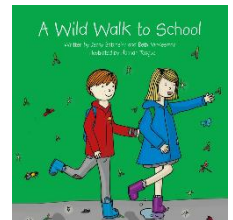
While out in your local woods or park, create a workout circuit to do whilst you're there. You could use the trees to create a course, traveling under low branches, over stumps and along logs. You could use a twig as a baton and make it a relay race or introduce other events such as pinecone shotput or long jump marked out with leaves. Don't forget to make medals for everyone by threading leaves and feathers onto twine or wool.



A wild walk to school

Read our KS1 story book

online which focuses on how active travel, whilst helping to keep the air clean, also enables time on the school run to be spent looking at nature. Whilst you might not be walking to school at the moment, why not re-enact the story on your next walk in your local area and see what creatures you can find lurking in the hedgerows?



Rotating routing

Do you walk the same way for your daily exercise every day? Is there a different way you could walk, scoot, cycle or run? Can you list the different things that you saw when you get home? What did you hear? Can you compare the different routes you take? Which one do you prefer? Is the air cleaner on one route than the other? Is one hillier or flatter than another?

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Connect with your surroundings

Have fun during your daily exercise, playing games with members of your household and collecting up fallen treasures from nature to take home with you.

Out and About Alphabet

Write out the alphabet on a large sheet of paper. On your walk, try to find something that begins with each letter of the alphabet and stick it on – you might not be able to get them all but try your best to be creative! If you find some nice wide grass for G, blow through it and see if you can make music.



On the first day of Springtime

Collect up fallen treasures from outside, between 1 and 12 of each, and then put them into a song. Here's a start:

On the first day of Springtime, my journey gave to me, a new leaf, green and springy.

On the second day of Springtime, my journey gave to me, two sticky leaf buds, and a new leaf, green and springy ...

Woodland weaving

When out walking, find either a forked stick with three prongs or four straighter sticks and carry them carefully home with you, along with any other treasures you find like feathers and leaves. At home, if using the straight sticks, make them into a square and join the corners with wool. Then, weave wool across the square from top to bottom and left to right, or in circles around the prongs of the fork. Secure the end and thread through your treasures to create your artwork. Hang your finished article from a string as a decoration.

Sticky Letters

On your walk, collect sticks that look like letter shapes or that you can use to create letters with. Can you spell any words with what you find? Do you need to find some additional letter shapes or be creative with what you have? You could use leaves and other things you find to help. Have a hunt around for what you need to spell some words. Can you spell your name with them or spellings that school have asked you to learn?



Tiny Treasures

Take your finest treasure chest out for a walk, perhaps a tiny one like a raisin box, and collect the most precious treasures you can find that fit inside. Can you describe them to someone in your household later to see if they can guess what you found? Finally, why not draw them or stick them down to make an autumn picture?

Spring showers

Hooray – it's raining today! Don't let it stop your fun - pop on your coat and wellies and go for a really splashy walk. Count up how many puddles you can jump in and how many slugs and snails you spot along the route. What else did you see on your walk that you might not have seen on a sunny day?

Did you see any interesting reflections in puddles or rainbows or clouds in the sky? Draw your favourite memory when you get home.

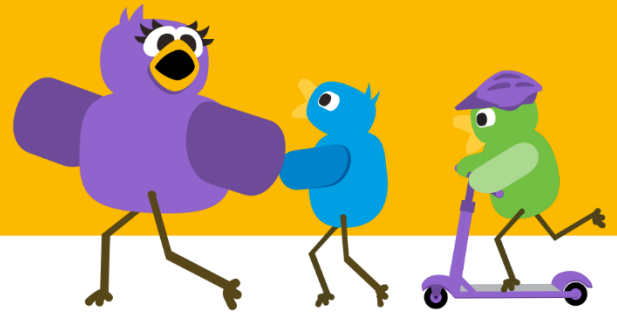


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Keep learning

Go for a walk somewhere you haven't been before near your house, perhaps around some streets that you don't usually go down, or practice the route to the school you will start next year or to a local park or historical site that is open at present.

Sensory journey sticks (English)

On your walk, take different colour wools with you. Find a short stick and, as you go on your journey, attach the most interesting objects you find (leaves, feathers etc) to the stick using the wool. Use a different colour of wool for each sight, sound, feeling and smell. When you get home, can you recount your journey or perhaps write it up as a story?



Memory mapping (Geography, IT)

From memory, can you draw a map of today's walking route? Remember to add the different roads and places of interest such as churches, shops, parks, safe road crossings and schools. Use a symbol to represent these places and then put a key at the bottom or side of your map to show what they mean.

Tomorrow, take your map on your walk and see if it is a good representation of your area. Do you need to make any changes or additions? Can someone else in your household use your map to follow your route? See www.google.com/maps or www.openstreetmap.org for route, key and icon ideas.

Egg box adjectives (English, Art)

Choose some adjectives (describing words) that you could use to describe things you find outside during spring – fresh, smooth, woody, colourful, curly, feathery, sticky, soft – write them down and cut them out. Then stick one in each egg hole of an empty egg box. Take your box on a scavenger hunt and see if you can find something which matches each adjective. When you get back, write a descriptive poem with one line about each of the items and its adjective in your box. Write your finished poem up in neat and illustrate it by sticking on your treasure.

A Right Royal Adventure (History, Geography)

Download our [KS2 story book](#) which focuses on the history of air quality and how we can influence the future. Inspired? How about putting together your own project on air pollution, green travel and how forms of travel have changed over time?



Tally trail (Maths, Art)

Estimate how many dandelions (or flowers, insects etc.) you will see today, then count them as you walk. Is the total different to your estimate? Is the number the same each day? Do you know what the different types of flowers and insects are?



Make a tally chart to show how many of each type you see each day. Can you draw pictures of them once you get home? Notice the detail on the dandelion. Why do you think nature designed it that way?

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Be mindful

Think about your surroundings during your walk and focus on being at one with nature.

Sensory map

Find a comfortable place to sit in your garden or balcony and, with a pencil, mark an X at the centre to represent you. Now, with your eyes closed for a moment, focus on the sounds, feelings and smells around you.

Start to make simple marks on your paper to illustrate each sound, feeling and smell you notice, indicating its direction and distance from your location (X) on the map. The size and intensity of the mark should represent the strength of your experience. For example, a few dark, wavy lines could represent a strong gust of wind whereas a lightly drawn, musical note could indicate distant birdsong.

Compare your map to someone else's. Did they experience the same sounds, feelings and smells as you? Can you guess what their marks mean?



Spring colours

Collect up fallen spring blossoms and leaves and put them in colour order – different reds, greens, pinks and yellows. Create an artist's palette from card and stick them down in order using double sided tape. Then mix paints to replicate the colours and try recreating your palette as a painting. Do you think the colours would be the same in autumn?

Chasing the shadows

Is it sunny outside? If so, ask someone in your household to make a pose – then collect up some leaves and fill in their shadow. Can you use different items for their eyes, hair, mouth and clothes? When they move, you can be sure that their shadow will stay. What other masterpieces can you make by rearranging what you find on the ground? Leaves, twigs, branches, grass cuttings, garden clippings and seed heads are all great for this.

Give to others

At this time of isolation for so many, why not use your artistic skills to create a picture to deliver to a neighbour who isn't allowed any visitors at present, or to a care home to cheer up the residents? Use some of the springtime treasures to make a picture or create a card into which you can write a happy message. The teachers at your schools may appreciate a card too so they know you are thinking about them, or hospital staff, refuse collectors, postal workers, delivery drivers or supermarket staff.

We hope some of these ideas will serve to help you keep active and busy during these difficult times. Please do share your fun-filled activities and creations with us tagging **#KeepActive**. You never know ... you might win a prize.



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