



Walktober 2021 Walking to Wellbeing

Activities Toolkit for Primary Pupils

Here's what's been said about Walktober

It was wonderful to have a whole school focus, particularly based on improving mental health.

We enjoyed spending time with dad out walking as he is often at work. He enjoyed it as he has depression and walking through the woods was interesting and connected him with nature which he enjoyed in the moment.

The children loved being able to share with the rest of their class how they travelled to school, whether it was walking, scooting, cycling or even Park and Stride.

Sunday family walks are now a tradition.

We really embraced Walktober

Walktober gave us a chance to reconnect as a family.

We did Walktober in school to further enhance the sense of wellbeing that walking together provides ... The total laps completed was a whopping 25,000... about 1243 miles done by the whole school!

It doesn't matter if it's five minutes, fifty minutes or more. Every outdoors experience can make a difference to your wellbeing.



WALKTOBER
NOW IN ITS
6th YEAR!

Use the enclosed activity ideas, arranged by focus week, to enhance your Walktober wellbeing experience.

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Week 1: Keep Active, Stay Safe



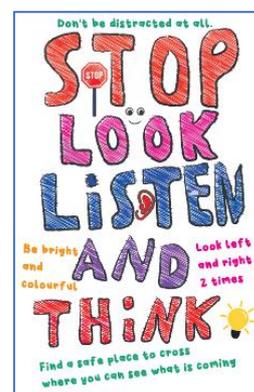
Helping you to keep walking, keep cycling, keep your distance

Walk to School Week (4-8 October) is being run by the Road Safety Team in Hampshire, inviting primary-aged pupils and parents to unite for one week of walking to school.

Watch out for more information from your school or do your best to focus on walking all or part of the way to school during this week.



You can scoot or cycle too, or try out the Living Streets '[Walk Randomiser](#)' to make the week even more fun.



[Active travel to school – information for parents:](#) These pages contain information and initiatives to take the stress out of the school run by encouraging walking, scooting and cycling to school. There is a link to our updated [How Could You Travel to School](#) booklet (paper copies were delivered to schools mid-September) plus information to support families with [social distancing](#) on the school run. There is also information on [scooting](#) and [cycling](#) for families, including training videos and toolkits.



Set up a [5-minute walking bubble](#) to support active travel and a traffic-free zone around your school using our Modeshift STARS [guidance and short film](#). This is free to use for all schools - simply [register as a school user](#) on **Modeshift STARS** (if not already using this system) and then away you go.

For [cyclists](#), see our [information pages](#) which include training videos and toolkits. If you need cycle training, [find a Bikeability course near you](#) or ask your school to sign up to [Bikeability](#) or try the new HCC [Cycle Safety for Young People](#) presentation.



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Transition Time
Moving to Year R



Transition Time
Moving to Year 3



Visit our award winning [Transition Time](#) pages for support with **Year R** and **3** pupils moving to a new school and planning a new and unfamiliar journey. The toolkit is designed to lead pupils through the process of **planning their new journey** to school and, as much as is possible, keeping it **active, safe, pollution-free and sustainable**. It each contains a link to an **8-minute, original and humorous Histrionics** films for transition to [Year R](#) and [Year 3](#), commissioned by the My Journey Team to inspire pupils in a fun and educational way.

To support families who have to drive at least some of the way to school, follow the guidance on setting up a [Park and Stride](#) site a 5-10 minute walk away from the school gates and promote [Parkwise](#).

Wellie workout!

In your local woods or park, create a workout circuit to do in your wellies. You could use the trees to create a course, traveling under low branches, over stumps, along logs and splashing through the water jump puddles.

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 autumn medals by threading leaves and feathers onto twine or wool for the winners.



Tempting Trails

HCC's [Trailblazer webpage](#) has lots of ideas for outdoor activities and [Mindkit](#) also have some great suggestions for 5 minutes, an hour or more.

TRAILBLAZER

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Week 2

Moving Mindfully



**Feeling worried or not sleeping as well as usual?
Read on for some top tips to get back on track!**

Increasing the amount of physical activity you do at home and when out and about will have a positive effect on your mental health, reducing feelings of stress and anxiety and improving the quality of your sleep. Overleaf are some suggestions for you to try, on your own or with family. Challenge your family to do one activity each a day and feel the difference.

The following organisations have lots of information and ideas:

<p>Motivation on YouTube</p> <p>Watch one of the following short films: We All Have Mental Health: The Anna Freud Centre for Children 5 Tips To Staying Mentally Healthy: Caregiver Asia</p>
<p>Mindfulness Apps</p> <p>Search out Dr Julie Smith, Psychologist on Tiktok and become empowered to manage your own mental health. Other mindfulness apps include: Pzizz Calm Headspace Smiling Mind Think Ninja</p>
<p>Nodding off to Sleep</p> <p>Having problems sleeping? Try using the Sleep Council's Nodcasts or keeping a Sleep Diary sleepcouncil.org.uk/advice/support/sleep-tools/</p>
<p>Keep calm and carry on</p> <p>See more information to support families here: hampshirecamhs.nhs.uk/help/young-people/ hants.gov.uk/socialcareandhealth/publichealth/hampshirehealthineducation/keystages/secondary nhs.uk/oneyou/every-mind-matters/ sportengland.org/news/how-stay-active-while-youre-home southampton.gov.uk/coronavirus-covid19/supporting-you/</p>
<p>Mellow Yellow</p> <p>Look out the Young Minds website youngminds.org.uk There are lots of great ideas to improve your mental health including Beano jokes and uplifting playlists on the #HelloYellow page</p>
<p>Bullet that Journal</p> <p>Visit bulletjournal.com/ for how to create a bullet journal to record your exercise, feelings, goals and more. There are lots of other ideas and illustrations online for you to search out too. Check out the My Journey guide to creating a Bullet Journal here.</p>



The reverse side of the flier includes a great set of areas to focus your physical activities on in order to benefit your mindfulness such as stretching out, walking with friends and exploring your local area. Why not challenge yourself, and a friend or your family, to do one activity a day and see if it makes a difference?

Can you complete our [wellbeing activity flier](#) during the month?

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Breathe some mindfulness into your life

Whilst 60 minutes of physical activity a day is recommended for children and young people, **being mindful** can also have fantastic benefits for the body and mind. There are lots of suggestions about how to **meditate** online and [this guide](#) gives instructions to get the very youngest amongst us started. **Yoga** is another way to balance the body and mind and, again, there are lots of videos accessible for this online.

Sensory map

Take a piece of paper and pencil on your walk and mark an X at the centre to represent you. Find a good place to sit on your walking route and listen to the sounds around you. You will need to ask those in your group to be quiet, so you can listen carefully. Mark all the sounds, feelings or smells you experience with a simple mark, indicating the direction and distance of the sound from your location (X) on the map. The size and intensity of the mark can represent the strength of your experience. For example, a few dark, wavy lines could represent a strong gust of wind, or a lightly drawn, musical note could indicate a distant singing. When you have finished (how long you do this for is up to you), compare your map to someone else's. Did you experience the same sounds, feelings and smells?



Taking time out to [sit and listen to nature](#) around you is a great way to [be mindful](#).

Like our **Histrionics** films? Missed our **Mental Health Awareness Week** film? [Click here](#) and take a look now! The film is themed around kindness, mental health and exercise for wellbeing, all woven into the true tale of an English cyclist, James Moore, who was brought up in France in the 19th century.



Mindfully Scavenging



Launched for Walktober 2020, our [Mindful Scavenger Hunt](#), put together by our friend Kate at The Mindful Runner, is a great activity to get you started in Week 2. Watch this [short film](#) and follow her instructions for an enjoyable twist on a walk or run.

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Week 3

Exercise your Creativity



Woodland weaving



Find either a forked stick with three prongs or four straighter sticks which you need to make into a square and join at 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 autumnal findings to create your artwork. Hang your finished article from a string as a decoration.

Den building

In the woods, find lots of fallen branches and lean them onto a tree with a suitable supporting branch. Sweep out the inside and settle down for some den adventures – you could even take a picnic along with you. Remember not to pull any live branches off the trees but to just use what you find on the ground.



Journey sticks



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 (leaves, feathers etc) you find to the stick using the wool. Use a different colour of wool for each sight, sound, feeling and smell. When you get back, can you recount your journey to someone in your household or perhaps write it up as a story?

Pebble poems

Collect up some smooth, flat pebbles. Write, using chalk, paint or a marker pen, one word on each pebble. Use a good mix of words linked to autumn – nouns (wellies, hedgehog, park), adjectives (magical, sunny, brown), verbs (jumping, exploring, enjoying), adverbs (quickly, excitedly) and some linking words (under, in, a, the). Then arrange the pebbles to create a poem: Squirrels jumping high making shadows in the sky.



Pebble pictures

If you prefer, you could just decorate pebbles and leave them along your walking route or in the playground for others to spot (remember not to pick them up), or create pebble pictures using the pebble shapes you find like some of the Travel Planning Team's children did during lockdown.

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Autumn 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!



On the first day of Autumn

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

- *On the first day of Autumn, my good friend gave to me, an oak leaf, curled and crispy.*
- *On the second day of Autumn, my good friend gave to me, two cups with acorns and an oak leaf, curled and crispy...*



Treasure chest

Take your finest treasure chest out for a walk. Collect up autumn treasures you find and draw them when you get back. Can you describe them to a member of your class and see if they can guess what you found? You could take a really tiny treasure chest like a raisin box and only collect the smallest, most precious treasures that fit inside. When you get to school, stick them down to make an autumn picture.

Egg box adjectives

Choose some adjectives (describing words) that you could use to describe things you find outside during autumn – prickly, smooth, woody, crispy, 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 in your box. Why not write it out in neat and illustrate it with your treasures?



Wellie ones, twos and threes

Don't let the rain stop your fun! Pop on your coat and wellies and go for a splashy walk. Count up how many puddles you can jump in and how many slugs and snails you spotted. What else did you spot on your walk that you might not have seen on a sunny day? Did you see any interesting reflections in the puddles? Can you draw your favourite puddle?

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Week 4: Family Fun across the Finish Line



Autumn Outside

Made plans for Half Term? Let us help you to fill your free time mindfully. There are lots of [parks to explore](#) across Hampshire and the [Hampshire Countryside Service](#) is a good source of walks - they have made a few recommendations for [Autumn walks](#) or, for interesting routes nearer Southampton, visit [Go Jauntly](#).

Bountiful birds and bees

Before you leave school on your outing, estimate how many birds (or bees, snails, flowers, insects...) you will see on your journey. Then count them as you walk. Is the total very different to your estimate? Is the number you count the same each time? Do you know what the different types of bird are? Can you make a tally chart to show how many of each type of bird you see in a week?

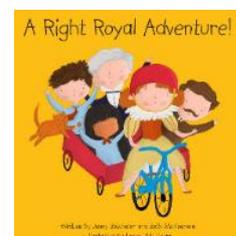


Counting in streets

On your walk today look at the houses. How are they numbered? Do they go up in ones or twos? Are the even numbers on one side and the odd numbers on the other side of the street? Can you count up and back in even numbers? For more of a challenge, try counting up and down in odd numbers. Can you do some estimating? How many windows are there on the left-hand side of the road? Then count them to check if you're right.

A Right Royal Adventure

Download our KS2 [story book](#) which focuses on the history of air quality and how we can influence the future. How about reading it in class before you go on your walk or taking a copy out with you to sit and read it as a group whilst you're out?

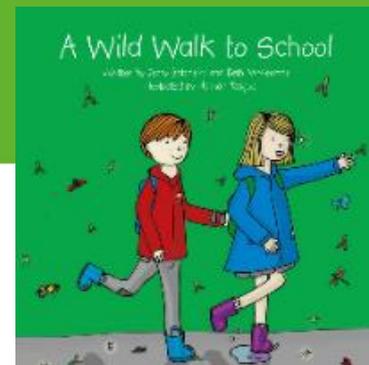


Mapping your area



Go for a walk around your local area. From memory, can you draw a map? Remember to add the different roads and landmarks such as your house, shops, parks, road crossings and your school. Could you use a symbol to represent these places and then put a key at the bottom or side of your map? Now take your map on your walk and see if it is a good representation of your area. Do you need to make any changes? Can another member of your class use your map to follow the same route without you helping them? See www.google.com/maps or www.openstreetmap.org for route, key and icon ideas and our humorous **Histrionics films** launched in July 2020 for some [KS1 pirate inspiration](#) or [KS2 Roman Centurion](#) inspiration on mapping a new route.

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A wild walk to school

Read our KS1 [story book](#) which focuses on how active travel enables time on the school run to be spent looking at nature. See if you can re-enact the story on your next walk to school.



Autumn colours

Collect up fallen autumn leaves and put them in colour order – different browns / reds. 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 drawing and painting your palette. Do you think the colours would be the same in April?

Chasing the shadows

If it's a sunny day, why not ask a friend 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, nuts and seed heads are all great for this.



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?

Sticky Letters

On your walk, collect sticks that look like letter shapes. Can you spell any words? Do you need to find some additional letter shapes? Have a hunt around for what you need to spell some words. Can you spell your name or this week's spelling words out of sticks?



- Use our [Walktober Challenge Card](#) to note which days of October you achieved a Walktober activity. Use one card for each person taking part, or one for the whole family.

- Enter our [pupils' competition](#): send us a photo entitled "[A wellbeing wonder](#)", of an activity done or artwork made during Walktober that benefited your wellbeing.

- Prizes include entry to the [Enchanted Light Trail at Staunton Farm](#), a family pass to the [Winchester Science Centre](#) and [Hampshire Outdoor Centre](#) vouchers.

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