

Spring into Action Toolkit



The Spring into Action Toolkit 2026 is a collection of activities to enjoy while you walk/wheel during:

- ✚ The school/setting journey (for the whole journey from home to school/setting or for shorter journeys, such as from a Park and Stride site),
- ✚ A school/setting outdoor activity such as a class/group local walking/wheeling trip, or
- ✚ A family leisure time.

Our theme this year is: **Time to Walk, Talk, Listen.**

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Activity & Conversation Cards
Print or download a set of cards to take with you wherever you go.

Colour hunt	Would you rather....?	Nature on your path	Everyday moments
Journey storytelling	Let's notice	Do you know me?	Curiosity
Sound hunters	Journey interview	I Spy...a feeling	Imagination
One-minute topic	Memory trail	My favourite challenge	Reflections
I Spy...with a clue	Journey treasure hunt	The spoken letter	Family and friends
Mindful moment	Journey navigator	Our journey quiz	Sharing steps

We hope that you have fun using our Spring into Action Toolkit. Remember, you may need a little extra travel time and please observe any weather warnings when using these toolkit activities.

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myjourneyhampshire.com/springintoaction

Spring into Action Toolkit

The aim of Spring into Action:

The aim of the Toolkit is to promote fun on your active and sustainable school/setting journey, encourage more time outdoors and help you to connect with nature and each other.

The theme explores the positive connection between walking/wheeling and connectivity – the conversations, listening and shared moments that happen naturally whilst side-by-side (also called ‘sideways conversations’). It is often easier to talk side-by-side rather than face-to-face. Side-by-side conversations reduce the pressure of eye contact and improve communication, especially for difficult conversations. Walking/wheeling provides a great time to do this and provides a positive space to share feelings and worries. Sharing conversations and experiences helps us to feel connected, supported and valued.

For additional resources exploring the benefits of walking, talking, listening, see: [Walk, Talk, Listen in the Early Years](#)
[Walk, Talk, Listen – Primary](#)

Spring into Action and the positivity of nature:

Spring into Action provides the opportunity to spend time outdoors/in nature. Studies show that being in nature benefits us in many ways.

To find out more see: myjourneyhampshire.com/springintoaction/beingoutdoors

Who is Spring into Action for?

For many, the active school/setting journey is the perfect opportunity to participate in Spring into Action. However, the Toolkit can be used any time you want to get outside, such as during the school/setting day, at the end of the school/setting day, at the weekend and during holidays.

At My Journey Hampshire we recognise that challenges such as Spring into Action may need to be adapted to suit the individual requirements of your family or school/setting.

Please visit myjourneyhampshire.com/springintoaction/support for ideas of alternative ways to engage with this initiative.

You may also enjoy some of the wellbeing activities for families suggested at myjourneyhampshire.com/wellbeing-activities

myjourneyhampshire.com/springintoaction

Time to Walk, Talk, Listen Activities

Colour hunt

Choose a colour of the day.

As you walk or wheel, your challenge is to find objects of that colour – signs, shoes, flowers, bags, coats, bikes, anything!

You could keep a record. Which colour did you spot the most?

Why this activity matters: This simple game strengthens observation skills and builds confidence by celebrating small successes.

Would you rather...?

Take turns asking fun, light-hearted questions and explain your choices.

Some ideas include: Would you rather...
... explore space or the deep sea?
... have a magic bag or magic shoes?
... live in a treehouse or a cave?
... jump like a frog or run like a cheetah?

Why this activity is great: Silly, imaginative dilemmas make talking feel easy and fun, encouraging children to share ideas without pressure.

Nature on your path

Look around, can you spot something natural? Talk about it and how noticing it makes you feel.



What made you notice it? Will it look different in another season? If it could talk, what would it say?

Why this activity is great: Noticing nature and focusing on something together makes conversations easier and more relaxed.

Journey storytelling

Start a shared story as you walk.

One person begins with a simple sentence such as,

“On my way to school, I found a tiny door under a leaf...”

Others then take turns adding one sentence at a time, letting the story grow and change with every step.

Why this activity is great: Creative play lowers barriers, sparks imagination and encourages relaxed, natural conversation.

Let's notice

Enjoy this mindful noticing game together:

- 🦋 Look for signs of spring – a tree bud, the shoot of a bulb, birds collecting materials for building their nests.
- 🦋 Listen carefully for three different sounds.
- 🦋 Spot something smooth, something rough and something moving.

Why this activity matters: Looking closely at your surroundings together encourages shared attention, invites natural chat and builds gentle connection.

Do you know me?

Take turns being the quiz master and asking fun, friendly questions. Here are some ideas to get you started:

- 🎯 What's my favourite snack?
- 🎯 What makes me laugh?
- 🎯 Where's my favourite place to visit?
- 🎯 What's something I'm good at?

Answer together and enjoy discovering new things about each other.

How this builds connection: Light, positive questions help us notice strengths and understand each other better.

Time to Walk, Talk, Listen Activities

Sound hunters

At various points on your journey, pause for a moment and listen carefully to the sounds around you.

- 👂 How many sounds can you hear?
- 👂 What sound is furthest-away?
- 👂 What's the closest?
- 👂 What's the quietest?
- 👂 Which do you like the most?

How this activity helps you talk and listen: Tuning in to sounds encourages calm attention and creates easy moments for gentle conversation.

Journey interview

Let the child be an interviewer and ask, "When you were my age..."

- ... what was your favourite game?
- ... who was your best friend?
- ... what did you find tricky?
- ... what did you hope to be?

Now swap roles so they can share their own stories too.

How this builds connection: Taking turns asking questions helps children feel listened to and valued. Sharing memories encourages empathy and conversation.

I Spy... a feeling

Play I Spy using feelings instead of letters. Look for something that makes you feel a certain way and invite others to guess it.

Try ideas like, I spy...

- 🔍 something that makes me feel happy.
- 🔍 something that looks calm.
- 🔍 something that feels exciting.

Talk about why you chose your object.

Why this activity matters: It helps children link emotions to their surroundings in a gentle, pressure-free way.

One-minute topic

Can you talk about a topic for one minute?

1. Choose a topic – an animal, a favourite game, something that makes you smile.
2. If you have a timer, set it for 1 minute.
3. Try to talk till the timer runs out.
4. Ask each other questions too.

How this activity helps you talk and listen: Short, playful topics help start conversations. Taking turns encourages listening and helps everyone share ideas.

Memory trail

On a morning journey, work together to take note of three or more things – share what you see, hear or smell.

On your way home, or the next time you take the same route, see if you can all remember the things you noticed.

Why this activity is great: It turns the journey into a game of observation and memory. Noticing things together gives you something to talk about later, making the return trip a natural moment for conversation and shared reflection.

My favourite challenge

A fun challenge to get everyone talking. How many 'favourites' can you name?

- ✓ Favourite drink
- ✓ Favourite book
- ✓ Favourite place
- ✓ Favourite smell
- ✓ Favourite joke
- ✓ Favourite memory
- ✓ Favourite weather
- ✓ Favourite animal

Feel free to add your own!

Why this activity matters: Quick-fire questions make it easy for children to share what they like and feel heard. These small moments often lead to deeper, more meaningful conversations later on.

Time to Walk, Talk, Listen Activities

I Spy... with a clue

Make I Spy simpler and conversational by giving clues instead of letters.

Choose something you can see and offer a clue such as, I spy...

- 🔍 something that smells nice.
- 🔍 something soft.
- 🔍 something tiny.

How this activity helps you talk and listen: Removing the letter clue makes the game easier for younger children and creates more relaxed opportunities to talk together.

Journey treasure hunt

Choose simple 'treasures' to notice and talk about.

Here are some suggestions to start:

- 🔍 Something tiny.
- 🔍 Something colourful.
- 🔍 Something that moves.
- 🔍 Something you didn't notice yesterday.

How this activity helps you talk and listen: Searching together encourages shared attention and gives families easy conversation starters without pressure.

The spoken letter

Create a letter - one word at a time. Choose someone or something to 'send' a pretend letter to - it could be a friend, family member, pet or a book character.

Take turns adding one word at a time to build the letter together. Keep going until you reach your destination. The letter can be silly, imaginative or thoughtful.

How this builds connection: Creating something together encourages turn-taking, active listening, shared laughter and equal contributions from all.

Mindful moment

Throughout spring, at the same spot on your journey, occasionally pause for a moment and notice:

- 👂 What can you hear?
- 👁️ What can you see?
- 👃 What can you smell?

Discuss the changes you notice over time.

How this activity helps you talk and listen: Paying attention to your senses creates a shared moment of stillness and calm, making it easier for conversation to follow.

Journey navigator

Nominate a 'Journey Navigator' to make simple, safe choices for today's journey. An adult must keep overall responsibility.

The Navigator will:

- 🗺️ Choose a safe route to your destination.
- 🗨️ Pick a talking topic.
- 🚶 Decide the walking pace.

How this builds connection: Letting children make small choices builds confidence and helps them open up, making conversation flow naturally.

Our journey quiz

Ask simple questions on your journey.

Here are some ideas to start:

- 🌳 How many trees can we see on our road?
- 🚪 What colour front door do we see most?
- 🔊 What's the loudest sound we hear?
- 📐 How many different shapes can we find?

Why this activity matters: It boosts observation, encourages shared attention and creates conversation.

Time to Walk, Talk, Listen Activities

Everyday moments

Warm, simple questions about daily life.

- ☀ What is one part of your day you look forward to?
- ☀ What was the nicest thing in your lunchbox/on your lunch plate today?
- ☀ What was the funniest thing that happened today?
- ☀ What sound do you remember hearing today?
- ☀ What will be the first thing you do when you get home?

Curiosity

Discovery, interests, and wonder.

- 📖 What's something you enjoyed learning today?
- 📖 If you could ask a scientist any question, what would it be?
- 📖 Talk about something interesting you discovered recently?
- 📖 Tell me what you'd love to learn more about?
- 📖 If you could explore space, the ocean or a jungle – where would you go?

Imagination

Creative, playful questions for fun chats.

- 🌈 What would you name a pet dragon?
- 🌈 If you could invent a new special day, how would people celebrate it?
- 🌈 If you could step into any storybook, which story would you visit?
- 🌈 If animals could talk, which one would you chat with first?
- 🌈 If you found a magic door today, where do you think it would lead?

Reflections

A gentle approach to emotional check-ins.

- 💭 If your feelings were a colour today, what colour would they be?
- 💭 Is there a colour you'd like to feel more of today?
- 💭 What helped you feel calm today?
- 💭 What made you feel happy today?
- 💭 What's something you've done this week that made you feel good inside?

Family and friends

Building connection and noticing kindness.

- 🏠 Who made your day better today?
- 🏠 What's something kind you noticed someone do?
- 🏠 Who did you spend the most time with today?
- 🏠 Who did you laugh with today?
- 🏠 What is something you enjoy doing with your family or friends?

Sharing steps

Everyone shares their steps:

Smooth step	Something that went well or made you smile.
Next step	Something you're looking forward to.
Wobbly step	Something that feels tricky and you'd like help with.
Support step	How you'd like help with your wobbly step.
Strength step	Something you're getting better at.