

Wonderful Ways to Walk with young children

Ideas to try in Street 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!



Spy hole

Use your hand to make a tiny peep-hole you can look through
Increase the size of the hole slowly

Now try criss-crossing fingers
& look through these
What do you see?



Pairs

Can you spot two things that match?
Can you spot a pair of....
umbrellas, doors, numbers, pigeons?

The Hello Game

Say hello to the things you see

Hello.... noisy bus!

Keep going & take it in turns
Say Hello in another language!
Use Goodbye on your journey home



Make a story!

Tell a story about the things you see
*Once upon a time there was....
a small dog called...
... who found a....
It took it to....
And then....*

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 dogs in the park go woof-woof-woof, woof-woof-woof,
woof-woof-woof, The dogs in the park go woof-woof-woof all day long*

Try - *The wind in the sky goes (blow)
The cars in the street go brum-brum-brum
The rain on the road goes splish-splash-splash*

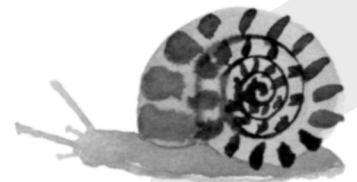


Take a break

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



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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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