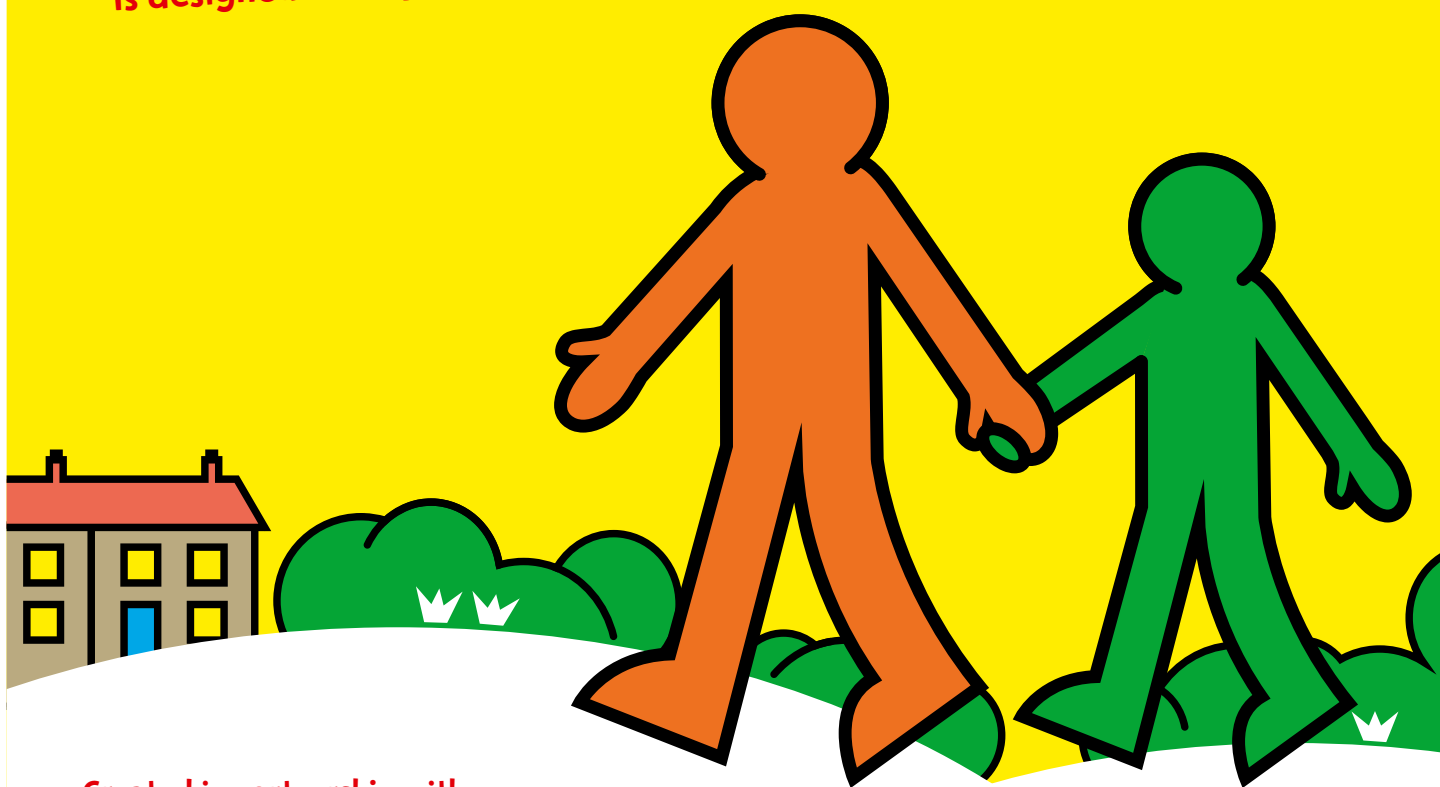


# walk 4 life

## fun games for everyday walking

There are probably things that you drive or walk past all the time that you haven't really noticed before, or that you haven't seen at all! But there are so many new places to discover in your local area. This guide is designed to help you do just that.



Created in partnership with



Eat well Move more Live longer

# best foot forward!

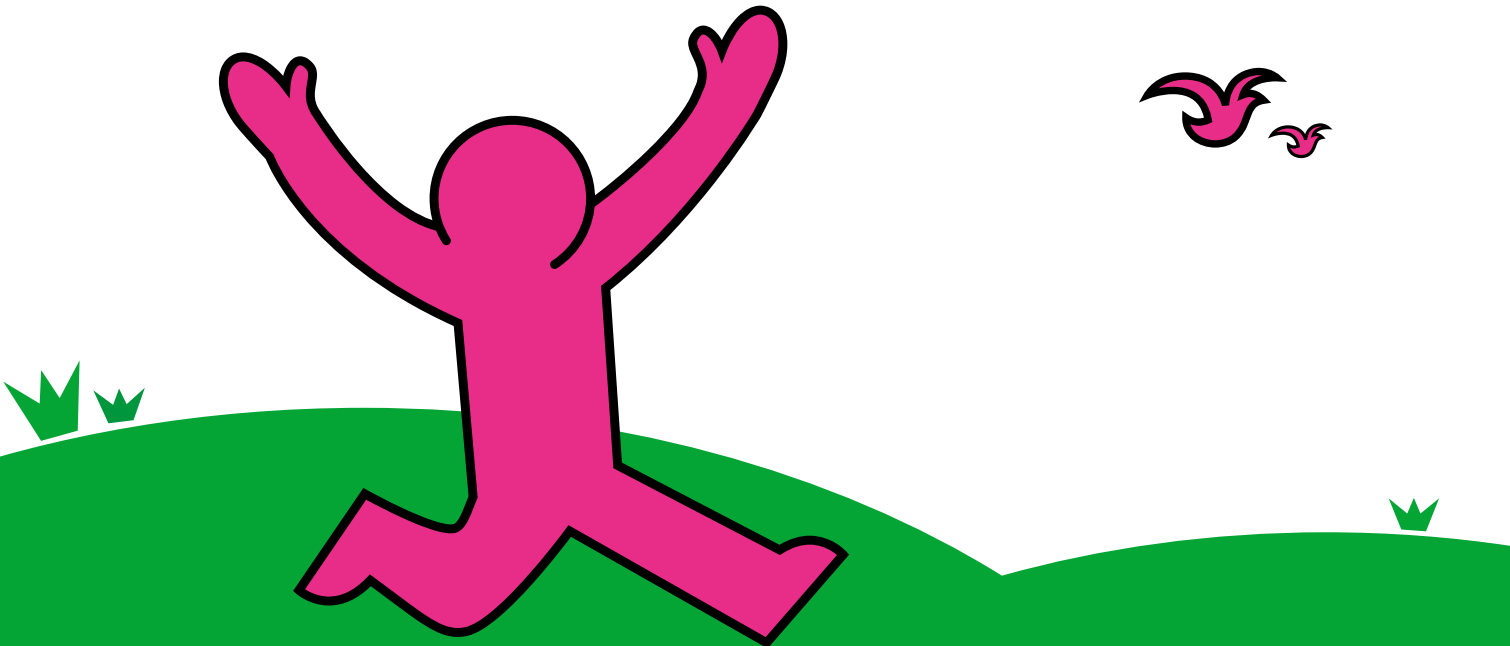
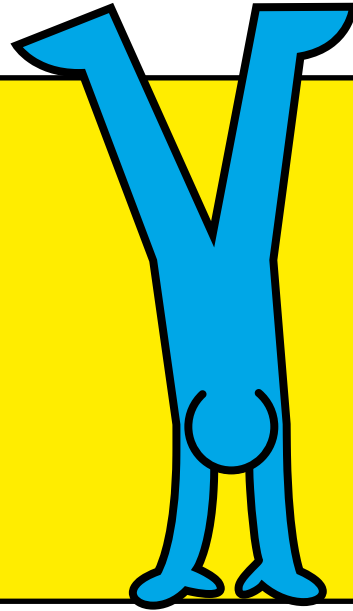
Your guide is full of things to do while you're out walking, helping you find out more about where you live and have lots of fun at the same time. Even if you're just walking with the kids to the shops or to school, you'll find great games to play to make your walk more exciting! They're also great for giving kids confidence when they're out and about, so they feel safer when they're on their own.

## How do we play the games?

These games are lots of fun. You can play them with your family or in a bigger group, and they're all really easy too. Some of them need a few items, which you can probably find around your home.

Remember to take care if you're responsible for kids. You can find more tips about staying safe [here](#) in our 'Tips to get walking every day'.

Which bit of your local area will you discover first?



# do you know where you live?

Going for walks – to the shops, park, to see friends or to school – doesn't just keep you fit. Walking helps you and your kids get to know your own neighbourhood too. Here are some great games to play to help you find hidden treasures where you live...

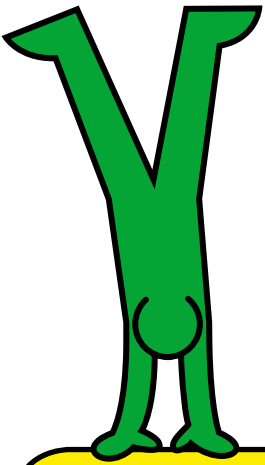
## Spot the street

- Look at the street name. Do you know what or who it's named after? Sometimes there are themes to the street names in an area (rivers, trees, kings and queens, towns). Can you spot any of these?
- See how many street names you can spot that begin with different letters of the alphabet.
- How many 'Streets' do you pass? How many 'Roads'? How many 'Lanes'? How many 'Avenues'? What about more unusual names for streets and paths? Have you seen any 'Gates'? 'Closes'? 'Passages'? 'Alleys'? 'Wynds'? And are 'Squares' always square?!

## Uphill and downhill

- Is your walk flat or does it go up or down hills?
- What do you prefer? Walking uphill, downhill, or on flat ground?
- If you find yourself going uphill and downhill, try to imagine what the land would look like if the buildings weren't there. Can you draw it?





## Finding your way

- Can you find your regular walks on a map? Take an A-Z map out with you when you walk and try to follow your route.
- Have a look at the map symbols – they may show things like post offices, police stations, churches/ places of worship, different kinds of buildings (houses, factories, shops) and different kinds of streets. How many can you spot along your route on the map? And can you find those same places in real life?
- Draw your own map of a regular walk. You could try adding in some of the map symbols you've already learned, or make up some of your own? How about symbols for trees, play areas, schools or your favourite shops?
- Supposing someone else wanted to walk the same way as you? Try to describe your walk as well as making a map of it. You could take photos or make drawings of things on the way too. You could even make a photo diary to record your adventure!
- Choose a place on the map not far from home that you'd like to walk to. How about planning a walk there and going on it with your parents/carers? Think of things you'd like to spot on the way, and then see how many of them you can find. You could lead your very own expedition!

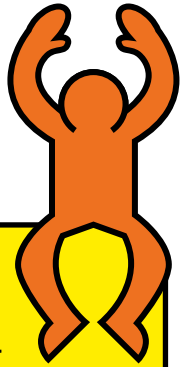
## Stroll, sketch and snap

- Look for landmarks near where you live – big and unusual buildings or maybe things like statues or hills. If someone said to you “What does the area you live in look like?”, these are the sorts of places you might show them. Can you draw these landmarks? You could even take photos of one part of them and see if your friends can guess what they are and where they would find them.
- What's your favourite place to walk near to where you live? What makes it your favourite place – can you run around there or are there lots of things to do? Can you draw it or take a photo of it?
- Is there a place you'd like to walk to but can't? What sorts of things would make your local area easier and more fun to walk around? Can you draw some examples?



# have fun while you walk

If there are some walks that you do every week, or even every day, there are lots of games you can play that will make each journey different from the last!



## Wild in the streets

- See if you can spot animals on your walks. You'll probably see animals like dogs and cats, or there might be wild animals, such as squirrels, birds and even foxes if it's dark. What animals did you see? Look them up in a book and try drawing them. Ask at the library if they have any books of animals that live in your area and if there are some you haven't seen, try to spot them on your next walk.
- Do any of the streets you walk down have trees? Or do you walk through a park with trees? Why not count all the trees you pass on your walk? You can collect leaves from the ground and look at the different shapes and colours they are. Some trees 'blossom' with flowers in the spring, or produce fruit, nuts and seeds in autumn. What sort of trees do you pass? Can you draw them? Even better, you could create a notebook with flowers, seeds and leaves in it! You can find out more about trees from books in the library.
- Some trees lose their leaves in winter while some don't – which ones are on your walk? Can you draw them or take photos of them at different times of the year?
- How many plants and flowers can you spot? Some plants are in gardens, some grow wild, including some that grow through the paving cracks on the street. Look at the different shapes and colours. Again, you can find out information about plants and flowers from books. But don't pick the flowers – leave them there for others to enjoy.

## Whatever the weather

- When you go out on a walk, make your own notes on the weather. Is it cloudy or sunny? Is it hot, warm, mild or cold? Is it dry, raining, snowing, hailing? Is it windy or calm?

- Check the weather forecast before you go out (in the paper, on TV, radio or the internet). Did the weather forecaster get it right? You could keep a record of what the weather was like during a whole week and see how it changed each day. How many days did it rain? Was it cold, mild, warm or hot?
- Have a look at a book about the weather. This will tell you about things to look for that show if the weather is going to change. Did you know that fluffy clouds that look like balls of wool mean the weather should be settled? See if you can guess how the weather will change. Did you get it right?
- A weather book will also tell you about all the other different shapes of clouds you can see. How many will you spot on your walk? Which animals or other objects can you make out of the clouds?

## I-Spy

There are lots of I-Spy games you can play while on a walk. You could look for:

- Different kinds of cars. How many different makes of car and different colours can you spot?
- Buses and trains. Where are they going? Have you ever been there? Would you like to? Do you think you could walk there rather than take the bus or train?
- Houses – look at the different shapes, colours and sizes. How many have cars in front of them?
- Make yourself a shopping list and see if you pass shops that sell the things you might like to buy.
- And don't forget not to step on the cracks!

For more great games that help you discover more about the parks and woodland in your area, have a look at our 'Fun games for parks and woodland' [here](#).