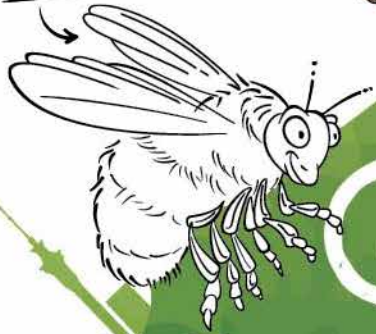


Colour me in



FUN WALKING

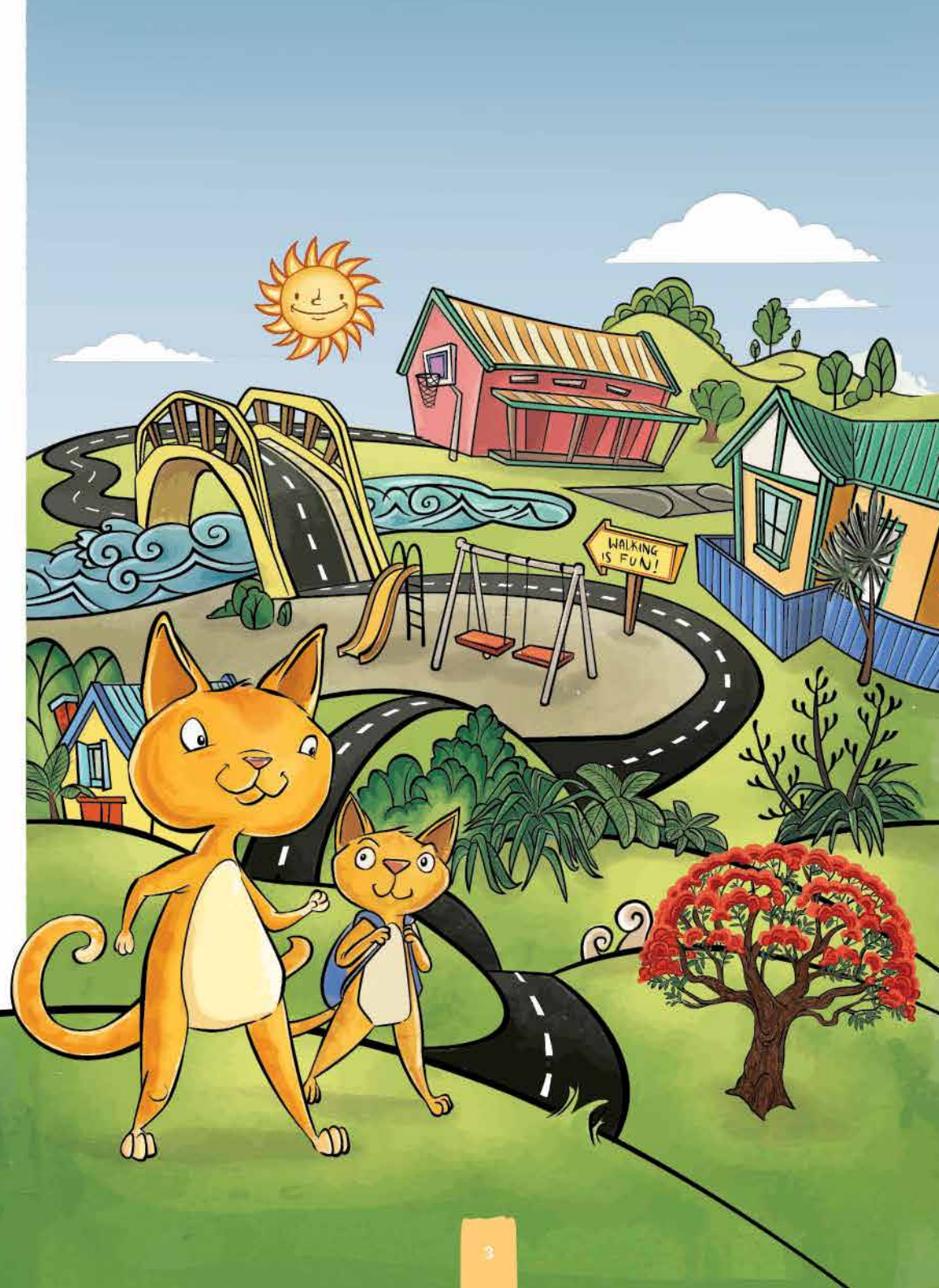
Games to play
EVERY DAY



Walking is a great way to get around

It's free, it's a great way to catch up with friends, it's excellent exercise and it can be fun for children too!

Here are some easy ideas to help make popping down to the shops, walking to school or going to the park with your kids interesting and fun for everyone.





1

Safari time

Turn your walk into a safari by looking for as many different kinds of living things as you can. On each walk you can try something different like animals, insects, birds, flowers, trees or people. It could include a pukeko, sparrow, butterfly, cicada, manuka tree, tui, fantail, worm, snail, somebody wearing a hat or a person pushing a pram. Children will love pretending to be the safari guide and having turns pointing out all the things they can see on the list. Look at the scary mouse-eating cat!

2

Flash card walking

Something as simple as flash cards can be a great way of encouraging a child's creativity and observational skills. Get your children to make flash cards of things found outside by using pictures cut from magazines or newspapers or ones they've drawn themselves. They may want to include pictures of birds, flowers, trees or people doing different things. Take the cards with you when you go walking, and get the kids to have turns choosing a card of something they all have to find, or make it a competition by dividing the cards and seeing who can find their item first.

3

Go, go gadgets

Kids really enjoy gadgets and measuring things. Get your child a watch or pedometer to wear out walking and encourage them to track how long they've been walking and how far they've gone. They can jot down their results in a notebook and compare them after each walk.



4

One step, two step – it's a scavenger hunt!

Kids love scavenger hunts. Give each child a list of ten similar (but not identical) items to look out for while walking. Maybe a blue car, a daisy, a cyclist, a bus, a yellow letterbox, a green fence or even old chewing gum. When the child spies an item they can point it out (please no touching) and cross it off their list. The child who finds all ten items first is the winner.

5

Nature explorer

If your walk is through a park or along a beach, take along a guidebook. There are lots of great books in your local library that can help your children identify flowers, trees or native birds. If you have access to a computer, research and print out information – you can even learn some bird calls. Tui are fun birds to mimic and they often call back to you.

6

Take a sketch break

For children who like to draw, a sketch pad and pencils will make a walking trip especially fun. Children can look out for something they want to draw along the way – a building, flower or tree – then stop for five minutes to draw it. Make it a leisurely outing, or for extra excitement make it a race and time them drawing. Keep the pictures in an album as a record of your walks.



6



7

Organised walking events

There are usually lots of fun runs and walks organised by local groups that families can enter, especially in summer. Look in your local newspaper, check with your community centre, ask the council or search the internet, and put the dates on the family calendar. Every time your family walks to the shops, to the park or to school, it can be training for the 'big' event and the kids can record the training walks to chart everyone's progress.

8

Map your neighbourhood

Give children a map of your local area to take along on the walk or use an online map or app. Teach them how to read the map by looking out for street names or landmarks, or tell them to pay careful attention on the walk so they can draw a map of their neighbourhood from memory when they get home.

9

Walking and talking

Use your walks as an opportunity to connect with your children and talk to them about anything and everything. Make up a 'question of the day' – do fairies or ghosts exist? And give your kids a chance to ask you a question back.



7



10 Poetry in motion

Take turns creating a poem or silly story as you walk. Start the kids off with a simple line like, "I really love to take a walk", and have them add their own lines, one person at a time to create a poem, rhyme or story.

11 Silly Olympics

Spice up a walk by incorporating different moves. When you're about 10 metres from a lamp post, call out a move that the kids need to perform until they reach it. Depending on the age and ability of your children try running, hopping, skipping, scuttling sideways, walking backwards or a silly octopus walk.

12 NZ's next top photographer!

Take along a phone or camera and have children look out for an artistic shot, such as moss on a tree or a spider web. Alternatively, let each child take 3 photos along the way. The photos could be turned into postcards or pasted into a walking scrapbook.

13 Bird counts

While you're out walking, younger children can count birds, while older children and adults can try to identify the birds by name. When you get home, look up the birds you saw on the internet or in a bird book.

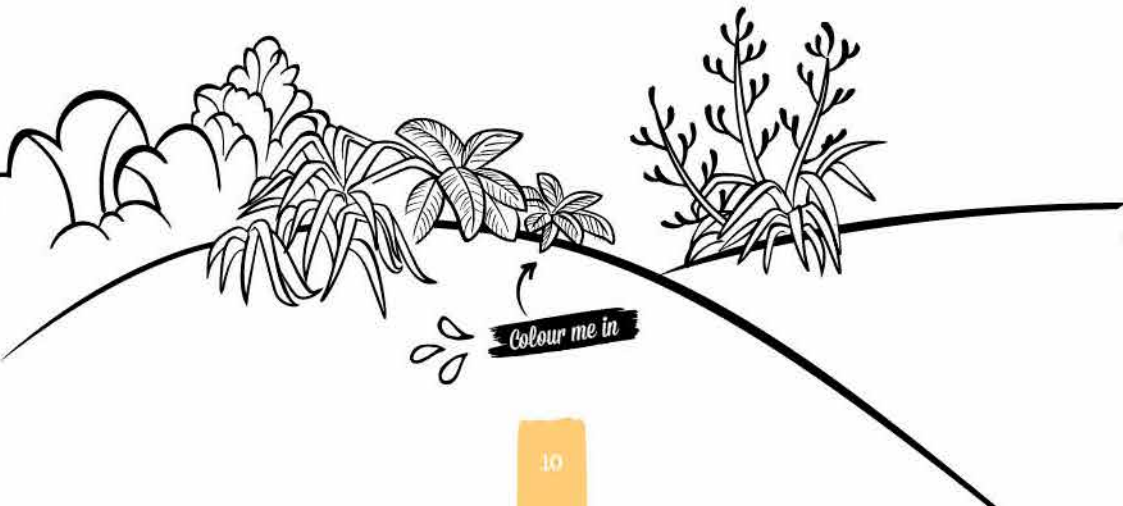
14 I spy



This classic game works really well when you're out walking. One person chooses something they see and says "I spy with my little eye, something beginning with..." Everyone else has to try and guess what it is they see, by suggesting items starting with that letter.

15 20 questions

Before you leave on your walk, hide a simple household item in your bag or pocket. Ask the children to try and guess what the item is by asking questions that you can only answer "yes" or "no" to.



NIGHT-TIME ADVENTURE



16 Night-time adventure

Plan a night-time adventure walk. Next time you need to go to the dairy for milk, wait until after dark so children can carry torches along the way. Or if there is a full moon, walk by moonlight. What animals and birds are awake at night?

17 The walking alphabet

As you're walking, look for items that start with each letter of the alphabet. Or pick a 'letter of the day' and ask your children to point out as many items as possible that start with that letter.

18 Pressed flowers and leaves

While out on your walk, have children gather leaves or flowers from the ground. When you get home, press them between sheets of paper.



19

Create a museum of treasures

On each walk, bring back something interesting found along the way and create a 'box museum'. Interesting stones, flower petals, feathers, bottle caps, leaves, seeds or twigs can be collected and kept in the box. It's a good idea to have the children check with you before they pick something up.

20

What can you hear?

Before you leave, each child chooses two or three sounds that they will listen for while out walking. Sounds like a car horn, a dog barking, somebody calling out, birds tweeting, a truck or bus rumbling by, leaves rustling or running water in a drain or stream. During the walk, each child listens out for their sounds.

21

Stop and stare

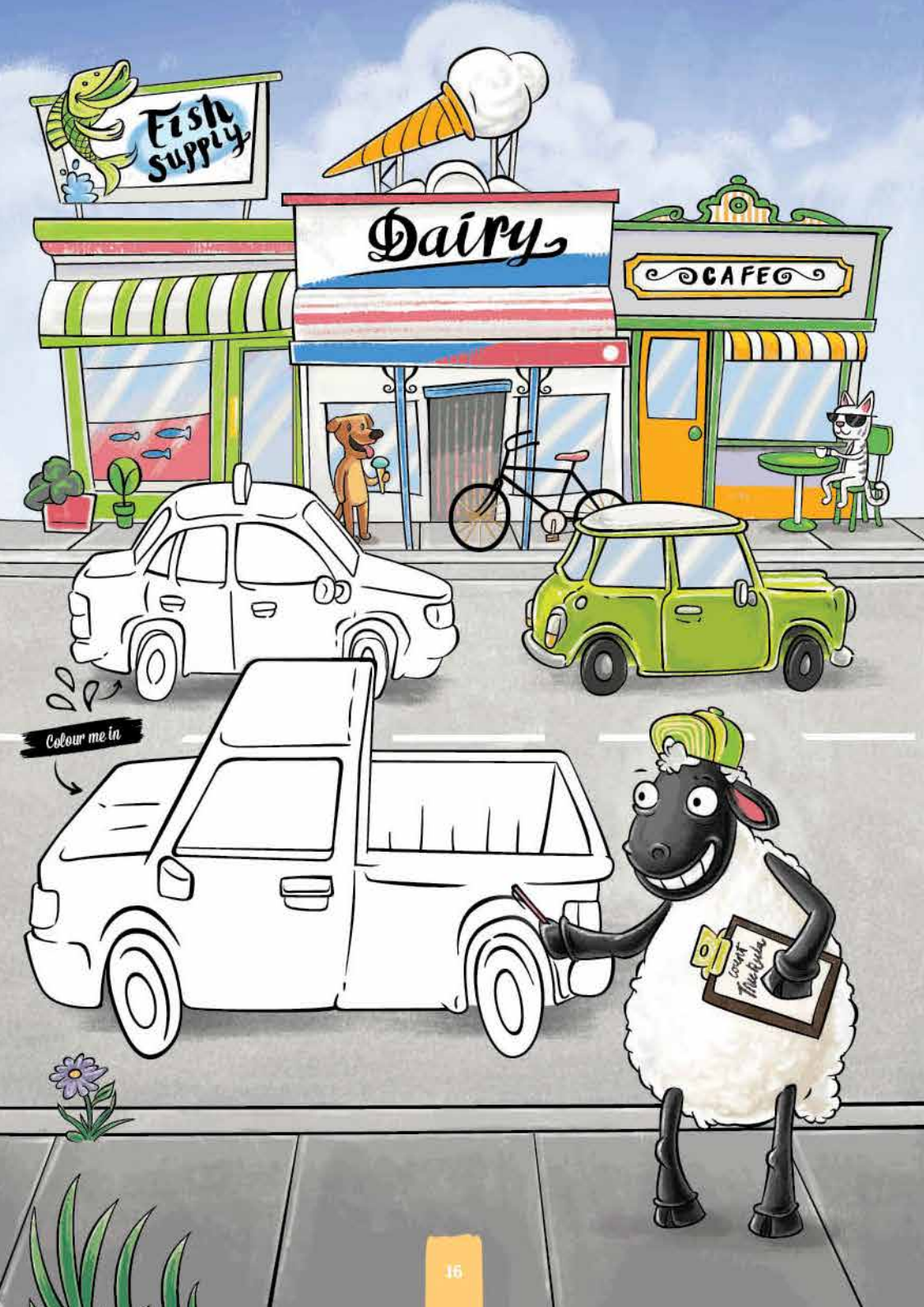
On your next walk, factor in a little extra time for your children to stop and look at something interesting. It might be a butterfly going past, a snail on the footpath, a cloud formation, road works, a shop window, flowers in a garden or ants toiling away for their queen. Get them to tell a story about what they see.



14



15



22 Colour your world

Before leaving, each child chooses a colour that they will look for while they're out walking. Anything that colour counts: a 'stop' sign, red car or even a jacket. Award a point every time they spot something their colour. See who can get the most points.

23 Count Truckula

Before you set off, ask your child to pick something they want to keep count of on the walk. If there is more than one child, they can each pick an item or work together as a team. It might be trucks, green cars, dogs, or rubbish bins.

24 Spelling bee

While out walking, challenge the children to spell words of things they see along the way like "footpath" or "sparrow" or "worm". Children can also challenge each other, or ask you to spell the word!

25 Exercise your imagination

Borrow a book from the library, search the internet, or brainstorm with your family to come up with some other fun walking activities. Children have superb imaginations, so encourage them to come up with their own creative ideas.

Maze



Make your walk more enjoyable:

- Choose quiet, low traffic streets.
- Use walkways and cut-throughs that link streets.
- Walk through parks and green spaces.
- Cross the road using zebra crossings or the green man where you can.
- If there's no crossing, choose a place to cross the road where you can see a long way in both directions (try not to cross between parked cars).
- Walk on the left, especially when walking on paths shared by people riding bikes.





Notes/Drawing



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To find out more visit
AT.govt.nz/cycling-walking

 Cycling & Walking