

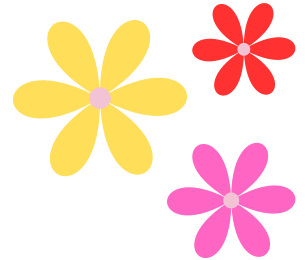


Make your walk fun!

Go on a flower walk

Grab an old scrap of cardboard, a pen and a pencil and create your own vase with flowers:

- Draw your vase on the cardboard scrap
- Use a pencil to put some holes in the cardboard. These are where your flowers will go
- Go for a walk and collect flowers as you go
- Once you have collected all your flowers, put them through the cardboard holes. You now have your very own vase of flowers!



Try out a rainbow walk

Go for your walk and see if you can spot an item for each different colour. How many colours can you find?



Go for an animal walk

Go for your walk and see how many different types of animal you can move like. Can you run like a cheetah, hop like a rabbit or stomp like an elephant? How many animals can you be?



Leaf rubbing art

Go for your walk and collect lots of leaves that are different types and sizes to bring home. Grab some paper and crayons. Put one of the leaves under the paper. Use your crayons to rub gently across the paper where the leaf is underneath. Create your leaf masterpiece!

