

WALKTOBER: WALKING TO WELLBEING



Your child's school has signed up to participate in this year's International Walk to School Month this October.

The Walktober challenge is about walking to improve your wellbeing. We would encourage you to walk as much as possible during the month – to and from school and work, for example, but try to find other opportunities to walk too.

Walktober 2019 and the NHS's "Five Steps to Wellbeing"

We have themed "Walktober" around the NHS's "Five Steps to Wellbeing". Evidence suggests that these are five steps we can all take to improve our mental wellbeing:

- ✓ **Connect** – Have a fun day out, walking with family and friends, playing games together on your walk and collecting up treasures from nature to take home with you
- ✓ **Be active** – Make activity part of your everyday – walk, cycle, scoot or Park and Stride to school or work, go for a lunchtime stroll, play ball in the park or walk a friend's dog with them

- ✓ **Keep learning** – Go for a walk somewhere you haven't been before, perhaps around a park, garden or historical site
- ✓ **Be mindful** – Think about your surroundings during your walk and be at one with nature
- ✓ **Give to others** – Take a friend for a walk, volunteer at a local garden or do a sponsored walk for charity.

This toolkit contains lots of ideas to help get you out walking, thereby increasing your wellbeing. If you give some of the challenges a try, you may well feel happier, more positive and in a better place to get the most from life. Hopefully this will inspire you to keep walking and being mindful long into the future.



myjourneyhampshire.com/walktober



Competition

To win a prize, simply tell us which Walktober activities you have tried, and whether you felt a benefit to your wellbeing, so we can use your experiences to inspire others and reward the most imaginative and active families.

Prizes and fundraising

We have prizes linked to the five wellbeing steps:

For families, pupils and staff

- ✓ **Connect:** Vouchers for a family day out in Hampshire including Treasure Trails vouchers (www.treasuretrails.co.uk)
- ✓ **Be active:** A climbing voucher for up to nine people at Calshot Activities Centre
- ✓ **Keep learning:** A voucher for a family day out at the Winchester Science Centre

For schools

- ✓ **Be mindful:** Hampshire Trailblazers outdoor learning training for teachers and some wellie storage for your school

For families and schools to give something back

- ✓ **Give to others:** As well as sharing your experiences with us, we would encourage you to organise a sponsored walk or other event to raise money for a charity or for your school. Let us know what you have achieved, and we will celebrate your success with others.

Entering the competition

Schools, individuals and families can submit entries to our competition. Simply visit www.myjourneyhampshire.com/walktober and follow the competition link. You will need to write a short paragraph outlining which activities you have completed during Walktober (you can include a photo of your challenge card or your favourite activity if you like, though the file must be less than 10Mb) and the impact this has had on you, your school or your family's wellbeing. Please use the same link to let us know about your fundraising activities so we can share your success with others. Deadline for entries: **Friday 8 November 2019**.

Social Media

Share your Walktober adventures online with @MyJourneyHants using #Walktober #GoJauntly #Trailblazers and we'll feature your favourite pictures.



myjourneyhampshire.com/walktober



Go Jauntly

Go Jauntly is a free community-based walking app, full of local walks created by people who know and love them. Why not try some out during Walktober? Simply download the Go Jauntly app and start discovering inspiring walks near you.

Go Jauntly is supporting Walktober with the following challenges to help you make the NHS's "Five Steps to Wellbeing" part of your walking adventures. You can also make a pledge on social media to complete a challenge and inspire your friends to join in! Find out more at www.gojauntly.com/Hampshire

Walk to Wellbeing with Go Jauntly

✓ Connect

Take the Go Jauntly Get Connected challenge and encourage your friends and family to join you on a walk

✓ Be active

Take the Go Jauntly Active Traveller or Lunchtime Stroller challenges and be active to and from school and work as well as and during the day

✓ Keep learning

Take the Go Jauntly Greenspace Champ challenge and explore new parks you haven't visited before

✓ Be mindful

Take the Go Jauntly Nature Explorer challenge and take time to be mindful and notice nature around you

✓ Give to others

Take the Jauntstar Ambassador challenge and create your own favourite walks on the Go Jauntly app so others can enjoy them too. You can find out how to do this by visiting

www.gojauntly.com/blog/2017/7/14/ultimate-guide-to-creating-a-walk (iOS devices only)

Complete a challenge for your chance to win

Once you've completed one of the above challenges, visit www.gojauntly.com/hampshire/submit and submit details your challenge to earn badges, certificates and more. You'll automatically be entered into our prize draw to win a voucher for a family trip to the Isle of Wight. Deadline for entries: **Friday 8 November 2019. Good luck!**



myjourneyhampshire.com/walktober

Walking challenges



Below are lots of ideas to make your walks more enjoyable and fun. Feel free to try them or use your own ideas. The Hampshire Countryside Service have listed lots of walks to try in Hampshire which you could then post on the Go Jauntly website if you think others would enjoy them: www.hants.gov.uk/thingstodo/countryside/walking

Connect

Have a fun day out walking with family and friends, playing games together on your walk and collecting up treasures from nature to take home with you.

Autumn alphabet

Write out the alphabet on a large sheet of paper. With a friend, on your walk try to find something that begins with each letter of the alphabet and stick it on – you might not be able to get them all but try your best to be creative!

On the first day of Autumn

With your friends, collect autumn treasures from outside, between 1 and 12 of each, and then put them into a song. Here's a start:

On the first day of Autumn, my good friend gave to me, an oak leaf, curled and crispy. On the second day of Autumn, my good friend gave to me, two cups with acorns and an oak leaf, curled and crispy...

Treasure chest

Take your finest treasure chest out for a walk. Collect up autumn treasures you find and draw them when you get back. Can you describe them to a friend and see if they can guess what you found? Why not stick them down to make an autumn picture? You could take a really tiny treasure chest like a raisin box and only collect the smallest, most precious treasures that fit inside.

I'm a pebble poet, and I know it

Collect up some smooth, flat pebbles. Write, using chalk or a marker pen, one word on each pebble. Use a good mix of words linked to autumn – nouns (e.g. wellies, hedgehog, park), adjectives (e.g. magical, sunny, brown), verbs (e.g. jumping, exploring), adverbs (quickly, excitedly) and some linking words like under, in and a. Then arrange the pebbles to create a poem: Squirrels jumping high make shadows in the sky. Hide your poetry pebbles around the playground, a park, your walk to school from the Park and Stride car park or on a favourite walking route for your friends to find and make their own poems with.

Woodland weaving

Find either a forked stick with three prongs or four straighter sticks which you need to make into a square and join at the corners with wool. Then weave wool across the square from top to bottom and left to right, or in circles around the prongs of the fork. Secure the end and thread through your autumnal findings to create your artwork. Hang your finished article from a string as a decoration.

Sticky Letters

On your walk, collect sticks that look like letter shapes. See if your friends can help you. Can you spell any words? Do you need to find some additional letter shapes? Have a hunt around for what you need to spell some words. Can you spell your name or this week's spelling words out of sticks?

myjourneyhampshire.com/walktober



Counting birds

Before you leave your house, estimate how many birds (or snails, flowers insects...) you will see on your journey. Then count them as you walk. Is the total very different to your estimate? Is the number you count the same every day? Do you know what the different types of bird are? Can you make a tally chart to show how many of each type of bird you see in a week?

Counting in streets

On your walk today look at the houses. How are they numbered? Do they go up in ones or twos? Are the even numbers on one side and the odd numbers on the other side of the street? Can you count up and back in even numbers? For more of a challenge, try counting up and down in odd numbers. Can you do some estimating? How many windows are there on the left-hand side of the road? Then count them to check if you're right.

Be active

Make activity part of your everyday – walk, cycle, scoot or Park and Stride to school or work, go for a lunchtime stroll, play ball in the park or walk a friend's dog with them

Golden Mile / Daily Mile / Workplace Mile

Already got a Golden / Daily Mile circuit at your school? Don't forget to promote this to pupils to use during lunchtimes and breaktimes to increase their walking during the month. Why not add an additional element of fun such as providing ties for a three-legged walk, hula-hoops, a hockey stick and ball or bean bags to balance on your head whilst walking? Keep it sociable by encouraging pupils to walk and talk with a friend. For adults, plan your own Workplace Mile route near your office and find a colleague to walk with during your lunchtime, or why not have a walking meeting instead of booking a meeting room?

Wellie workout!

In your local woods or park, create a workout circuit to do in your wellies. You could use the trees to create a course, traveling under low branches, over stumps, along logs and splashing through the water jump puddles. You could use a twig as a baton and make it a relay race or introduce other events such as pine cone shot put or long jump marked out with leaves. Don't forget to make autumn medals by threading leaves and feathers onto twine or wool for the winners.

myjourneyhampshire.com/walktober



Re-routing

Do you walk the same way to school or work every day? Is there a different way you could walk? Walk a new route home. Can you list the different things that you saw? What did you hear? Can you compare the two routes you take? Which one do you prefer? Is the air cleaner on one route than the other?

Geocaching

Have you joined the world's largest treasure hunting community yet? Geocaching is a real world, outdoor adventure that is happening all the time, all around the world. To get started, create a free basic account at **www.Geocaching.com** and use the website or

the free Geocaching® app to search for geocaches near your location. Once you find a geocache, open it up and sign the logbook. You may discover some trade or swag items (small toys, keychains, trinkets) inside the geocache. The general rule of thumb is if you take something, leave something of equal or greater value. Then, place the container back exactly how you found it and share your experience online with the rest of the geocaching community. There are hundreds to find in Hampshire, including at Royal Victoria Country Park, River Hamble Country Park, Queen Elizabeth Country Park and Titchfield Haven. Have fun!

Keep learning

Go for a walk somewhere you haven't been before, perhaps around a park, garden or historical site.

A Right Royal Adventure

Download our story book which focuses on the history of air quality and how we can influence the future. How about reading it before you go on your walk or taking a copy out with you to sit and read whilst you're out

Mapping your area

Go for a walk around your local area. From memory can you draw a map, remember to add the different roads, places of interest including churches, shops, parks, road crossings, school and anything else that is important to you. Could you use a symbol to represent these places and then put a key at the bottom or side of your map? Now take your map on your walk and see if it is a good representation of your area. Do you need to make any changes? Can a friend use your map to follow your route?

Journey sticks

On your walk, take different colour wools with you. Find a short stick and, as you go on your journey, attach the most interesting objects (leaves, feathers etc) you find to the stick using the wool. Use a different colour of wool for each sight, sound, feeling and smell. When you get back, can you recount your journey to a friend or perhaps write it up as a story?

Egg box adjectives

Choose some adjectives (describing words) that you could use to describe things you find outside during autumn – prickly, smooth, woody, crispy, curly, feathery, sticky, soft – write them down and cut them out. Then stick one in each egg hole of an empty egg box. Take your box on a scavenger hunt and see if you can find something which matches each adjective. When you get back, write a descriptive poem with one line about each of the items in your box. Why not write it out in neat and illustrate it with your treasures?

myjourneyhampshire.com/walktober



Be mindful

Think about your surroundings during your walk and be at one with nature.

A wild walk to school

Read our story book which focuses on how active travel enables time on the school run to be spent looking at nature. See if you can re-enact the story on your next walk to school.

Wellie ones, twos and threes

Is it REALLY raining today? Don't let that stop your fun! Pop on your coat and wellies and go for a really splashy walk. Then count up how many puddles you can jump in and how many slugs and snails you spotted. Who spotted the most snails? Who got the muddiest wellies? What else did you spot on your walk that you might not have seen on a sunny day? Did you see any interesting reflections in the puddles? Tell someone else about what enjoyed most. Can you draw your favourite puddle?

Autumn colours

Collect up fallen autumn leaves and put them in colour order – different browns / reds. Create an artist's palette from card and stick them down in order using double sided tape. Then mix paints to replicate the colours and try drawing and painting your palette. Do you think the colours would be the same in April?

Chasing the shadows

If it's a sunny day, why not ask a friend to make a pose – then collect up some leaves and fill in their shadow. Can you use different items for their eyes, hair, mouth and clothes? When they move you can be sure that their shadow will stay. What other masterpieces can you make by rearranging what you find on the ground? Leaves, twigs, branches, nuts and seed heads are all great for this.

Sensory map

Take a piece of paper and pencil on your walk and mark an X at the centre to represent you. Find a good place to sit on your walking route. You might like to get a friend to do the same, with their own piece of paper. Now, sit and listen to the sounds around you. You will need to ask those in your group to be quiet, so you can listen carefully to the sounds around you. Mark all of the sounds, feelings or smells you experience with a simple mark, indicating the direction and distance of the sound from your location (X) on the map. The size and intensity of the mark can represent the strength of your experience. For example, a few dark, wavy lines could represent a strong gust of wind, or a lightly drawn, musical note could indicate a distant singing. When you have finished (how long you do this for is up to you), compare your map to your friend's. Did you both experience the same sounds, feelings and smells? Did you make similar or different marks on your maps? See if you can guess what the marks on their map mean.

myjourneyhampshire.com/walktober



Give to others

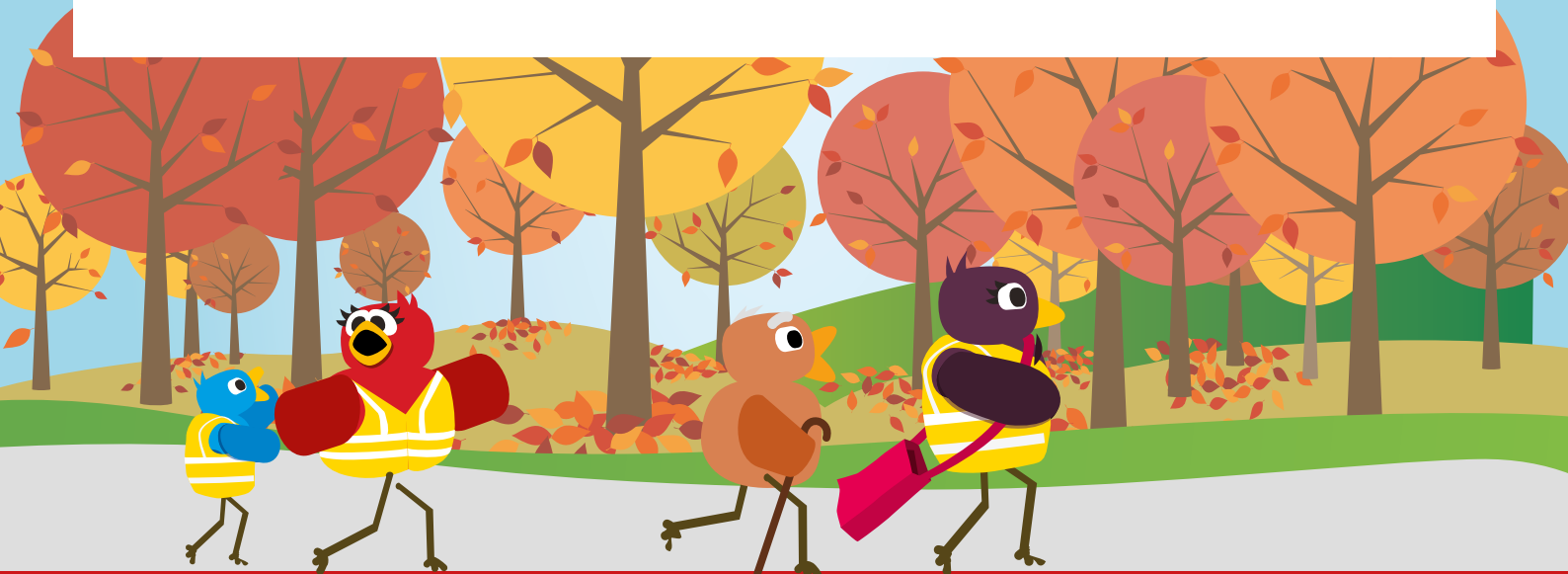
Take a friend for a walk, volunteer at a local garden or do a sponsored walk for charity or to raise money for your school. Share your favourite walks on the Go Jauntly app for others to try – you might win a prize!

We would like to encourage schools (or individuals) to organise some form of fundraiser during Walktober. This could be, for example, a sponsored walking event or a dress-up day where pupils make a donation to walk to school and spend the day in be bright, be seen clothing or their favourite shoes (again keeping the focus on walking).

What you do is up to you, as is the focus for the fundraising. This might be a focus charity for the school or possibly to raise money for something that the school is in need of, such as additional scooter storage or playground equipment. Your Golden Mile route may come in handy for this! STARS schools: Any fundraising done for your own school will count towards your Modeshift STARS (F1) Gold Standard Initiative: Funding.

Others might like to use some of the woodland treasures found during your walks to make a thank you card to give to, say, your School Crossing Patrol Officer, PCSO, School Caretaker or Teacher. Someone who helps you to keep safe and healthy every day.

Let us know how you get on and how much you raise through your competition entry at the end of the month. Share your fundraising activities online with **@MyJourneyHants** using **#Walktober** **#GoJauntly** **#Trailblazers** and we'll feature your favourite pictures. We'd love to share your achievements with others!



myjourneyhampshire.com/walktober