



Getting Ready for a walk



(Learning to assess and manage risk)

How will we keep ourselves happy, safe and healthy?

Think about a **problem** we might have while on our walk. Agree **what we can do** to avoid or solve the problem.

Here are some suggestions to help you get started.

Problem Getting Cold

What we can do

- Wear a jacket and put on an extra jumper
- Wear 2 pairs of socks to keep our feet warm
- Wear a hat and gloves if we have them

Problem Crossing roads

What we can do

- Use pedestrian crossings whenever we can
- Choose a safe place to cross where we can see the traffic and the drivers can see us
- Stop, look and listen
- Cross straight over the road

Problem Dogs

What we can do

- Ignore the dog
- Keep your hands at your side
- Walk away slowly