



## Onthank On Foot

As part of 'Positive Choices Week 2020' we are encouraging families to take part in 'Onthank On Foot'.

Walking makes us happier and healthier and keeps the planet a cleaner place too!

Each day there will be a task to make your walk even more fun!

Please join in and add photos to your Blog or Teams pages. You can also email photos to [eadavid.mcilwraith1@glow.sch.uk](mailto:eadavid.mcilwraith1@glow.sch.uk)

Monday	Wear a very colourful outfit
Tuesday	Wear odd socks
Wednesday	Colour Walk - Choose a colour and look for objects of that colour. You could take photos and make a photo collage.
Thursday	Give yourself a crazy hairstyle for your walk 😊
Friday	Wear your favourite outfit today and pass a smile.

Article 31 - Every child has the right to relax, play and take part in a wide range of cultural and artistic activities.