

20 Activity Ideas for Walks



Colours

Choose a colour. Look for different things that are that colour. How many can you find?

Shapes

Look for different shapes. Can you find something that is a rectangle, a circle, a triangle or a square? What other shapes can you see?

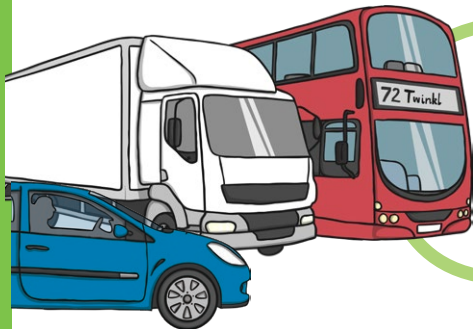


Numbers

Look for numbers. What is the biggest number that you can find? Can you find the same number as your age?

Letters and Words

Look for letters and words. Can you find the same letter that your name starts with?



Types of Vehicles

Look for different types of vehicles. How many different types can you see?

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Trees

Look at the trees. Can you see the shape of their leaves? Try to identify what type of trees you find.

Animals

Look for animals. How many different types of animals can you spot?



Edinburgh



Directions

You are the navigator! Decide which route you would like to walk. Use directions like left, right and straight on when you are telling your adult which way to go.

Time

Use a watch or a timer to work out how long your walk takes. Do the same route again another day and time and notice how long your walk takes this time.

Is it faster or slower?



Weather

What is the weather like? Think about temperature, wind speed and direction, cloud cover, rain and sunshine. Predict what you think the weather will be like tomorrow.



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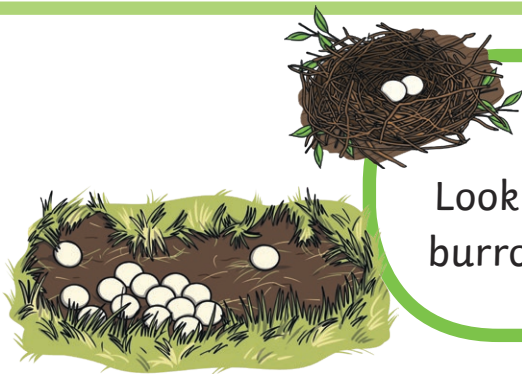
A
B C

Alphabet Walk

Can you find something starting with each letter of the alphabet on your walk?

Art

Take a sheet of cardboard with strips of double-sided sticky tape stuck across it on your walk. Look for things like leaves, shells, sticks and feathers to stick onto your cardboard to make a picture.



Animal Homes

Look for animal homes. Can you find any nests or burrows? What animals might live in these homes?

Footprints

Search for footprints. Can you find any? Do you think they were made by animals or humans? How do you know?



Birds

Look for birds. You might see seagulls, crows, pigeons, starlings or blue tits. Can you see any other kinds? What is your favourite kind of bird?

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Flowers

Look for different types of flowers. What colours are they? Do you know what kind of flowers they are?

Smells

What can you smell at different points on your walk? You might smell soil, grass, flowers, food or even manure! Count how many different things you smell.



Minibeasts

Hunt for minibeasts. Look out for slugs, snails, spiders, ladybirds, butterflies and bees.

Sounds

Listen at different points on your walk. What sounds can you hear?



Puddles

Look for puddles. What size and shape are they? How can you find out how deep they are?