



## Walk to School – A Journey to Wellbeing

### Walking Board Instructions

Welcome to the new **Walk to School** Walking Board!

Based on the NHS 5 ways to Wellbeing, **Walk to School** encourages:

- o Connection – building up good relationships through effective communication
- o Being physically active
- o Paying attention to the present moment (mindfulness)
- o Learning (also through play)
- o Giving / being kind

The Walking Board is a magnetic picture board with an unpopulated bar chart. The aim of the Walking Board is to engage children with their journey to school. When children arrive in class, they choose an item from the board that they saw on their walk to school and stick it in the relevant bar. There is a theme for each term, so the pictures change with the seasons. The categories below are only suggestions - if you choose to change the pictures every week, or use different pictures than suggested, that's fine.

- o Place the Walking Board in a place in the classroom where children can easily access it.
- o Chose 4 of the larger pictures to suit the season/weather and place one at the base of each column on the bar chart (see table below for suggestions).

Autumn	Autumn/winter	Winter	Early spring	Spring	Summer
Conker	Snowflake/Frost	Dog	Bird	Cloud	Butterfly
Worm	Puddle	Zebra crossing	Puddle	Tree	Flower
Brown leaf	Bird	Snowflake/frost	Stick	Bee	Snail
Flower	Letterbox	Stick	Worm	Zebra crossing	Cloud

- o Place the matching pictures in the boxes provided at the bottom of the Walking Board
- o As the children come into the classroom every morning, ask them to think about what they saw on the walk to school/nursery and choose one of the four pictures (ideally something they saw that morning) and stick it in the correct column. **Note:** Ideally the walking board should be used only by children who walk either the whole way to school or part way (using Park & Stride) or using other forms of active travel. However, understanding that small children can get upset when left out, please exercise your discretion on this. Please do not reward children who travel entirely by car with the Bee Badges.





- Bee badges (in the resource box) can be awarded to children who really engage with their walk to school (to be given out at teacher's discretion).
- The Walking Board can be used to initiate or support a variety of activities. Here are a few ideas:

### Counting/maths

How many people saw a bee today?

How many children walked to school today (total number of pictures on the board)?

Did they see any numbers on the houses/number plates - can they remember them? Do they know what they are for?

Can they see any patterns or make any patterns with the magnets?

### Physical development

Did you walk quickly or slowly? Did you see more or less at different speeds and how did it make them feel (i.e. out of breath - noticing the effect of activity on the body)?

### PSED, language and communication

Did they walk with anyone? Did they talk to a friend or a sibling/parent? What sorts of things do they like to talk about on the walk?

Children could take turns to talk about their favourite thing on the walk

### Engaging with the natural world

Did the trees they saw have leaves on it? What season are we in? When do the leaves fall off the trees? When do we normally see flowers – winter or summer? Where do you think the wiggly worm was going? Was the bird you saw flying? Singing?

Did you see any clouds? Could you see any pictures in the clouds?

### Road Safety

What is a zebra crossing for?

Did they see any signs? Were they pictures or words? What do they mean?

