

5 Ways to Wellbeing Walk

We all know that going for a walk is good for our wellbeing, but next time you go out, why not see if you can super-boost your wellbeing by trying out some of these ideas!

Connect	<ul style="list-style-type: none">• Smile and see how many people smile back• From a safe distance, say hello to someone• Ask someone how they are feeling today
Keep Learning	<ul style="list-style-type: none">• Ask an adult to tell you about their childhood• Spot something you'd like to research at home e.g. types of birds or cars, old buildings, insects you've seen• Take a sketch pad and draw something that interests you
Take Notice	<ul style="list-style-type: none">• See how many different dogs you can spot• Look out for interesting buildings• Think about what is really nice about where you are• Find an interesting bit of nature and take a good look
Be Active	<ul style="list-style-type: none">• Find a safe place to run really fast• Find something to balance on• Do some stretches• Try moving in different ways (hopping, skipping etc.)
Give	<ul style="list-style-type: none">• Smile at another walker• Give someone a wave• Say thank you• Say something nice about someone else