











Let's Get Walking This May!

May is National Walking Month. Use this checklist to try out some fun walking challenges. Tick each one off as you go and see how many you can complete this month.

 Try to spot 5 different plant species <input type="checkbox"/>	Walk with someone younger than you <input type="checkbox"/>	 Count how many buses pass by <input type="checkbox"/>	Take a new route or path <input type="checkbox"/>
Walk to the shop <input type="checkbox"/>	 Pick up 5 pieces of litter* <input type="checkbox"/>	Listen to the sounds around you <input type="checkbox"/>	 Go for a stroll in the rain <input type="checkbox"/>
 Count how many birds you spot <input type="checkbox"/>	Take a leisurely walk through the park <input type="checkbox"/>	 Stop and hug a tree or try some bark rubbings <input type="checkbox"/>	Sing a song or whistle a tune whilst you walk <input type="checkbox"/>
Walk with someone older than you <input type="checkbox"/>	Take a  photograph of something interesting on your walk <input type="checkbox"/>	Look out for something yellow <input type="checkbox"/>	 Play 'I Spy...' as you walk <input type="checkbox"/>
 Collect some nature treasures like leaves or stones <input type="checkbox"/>	Walk to school <input type="checkbox"/>	 Count how many different animals you see <input type="checkbox"/>	Mix up your walk with some skipping, hopping or jumping <input type="checkbox"/>

**Be careful when collecting litter. Don't pick up anything sharp and use a litter picker or gloves if possible. Always wash your hands after picking any litter.*