

Spring into Action Toolkit



This toolkit is a collection of daily activities that can be used whilst actively travelling to and from school. It has been put together by Hampshire's Travel Planning Team to give some inspiration for the school journeys. You can use the suggested activity on the day or mix them up to suit you and your family. For further information and ideas please visit myjourneyhampshire.com or follow us on social media for regular updates. Remember you may need a little extra time to travel if you are planning on trying one of the activities.





Be mindful

Think about your surroundings during your walk and focus on being at one with nature.

Monday 7th February

Nature Spotting

Before you leave your house, estimate how many birds (or snails, flowers, insects etc) you will see on your journey. Then count them as you walk.

-  Is the total quite different to your estimate?
-  Is the number you count the same every day?
-  Do you know what the different types of birds are?
-  Can you make a tally chart to show how many of each type of bird you see in a week?

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Tuesday 8th February

Here is another activity to try when you are out and about actively travelling to and from school.

Counting in Streets

On your walk today look at the houses.

-  How many are numbered?
-  Do they go up in ones or twos?
-  Are the even numbers on one side and the odd numbers on the other side of the street?
-  Can you count up and back in even numbers?
-  For more of a challenge, try counting up and down in odd numbers.
-  Can you do some estimating? How many windows on the left-hand side of the road? Count them to check if you are right.

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Wednesday 9th February

Try this activity today to add a little variety to your daily journey.

Rotating Routing

Do you walk the same way to and from school every day?

Is there a different way you could walk, scoot, cycle or run?

Can you list the different things that you saw when you get home?

What did you hear?

Can you compare the different routes you take?

Which one do you prefer?

Is the air cleaner on one route than the other?

Is one hillier or flatter than another?

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Spring into Action Toolkit

Thursday 10th February

Try this activity today and maybe you can take the painted pebbles out on a journey at the weekend.

Pebble Pictures

You could collect some smooth flat pebbles on one of your walks and decorate them using chalk, paint or marker pens. When you are out on your next route leave them along the way for others to spot or photograph (remember to use hand sanitiser if you are going to pick up someone else's pebble).



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Spring into Action Toolkit

Friday 11th February

Try this fun activity today, remember to leave that little bit of extra time.

Sticky Letters

On your walk to and from school, collect sticks that look like letter shapes or that you can use to create letters with.

Can you spell any words with what you find?

Do you need to find some additional letter shapes or be creative with what you have?

You could use leaves and other things you find to help. Have a hunt around for what you need to spell some words.

Can you spell your name with them or spellings that school have asked you to learn?



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Spring into Action Toolkit

Saturday 12th February

As it's the weekend you may have a little more time to go on a longer journey or find somewhere new to explore.

Treasure Chest

Take your finest treasure chest out for a walk, perhaps a tiny one like a raisin box, and collect the most precious treasures you can find that fit inside.

Can you describe them to someone in your household later to see if they can guess what you found?

Finally, why not draw them or stick them down to make a spring picture?

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Spring into Action Toolkit

Sunday 13th February

Sensory Journey Sticks

On your walk, take different coloured wools with you. Find a short stick and, as you go on your journey, attach the most interesting objects you find (leaves, feathers etc) to the stick using the wool. Use a different colour of wool for each sight, sound, feeling and smell. When you get home, can you recount your journey or perhaps write it up as a story?



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