



Did you know that in 2019 an amazing **141 schools** participated in Walktober?

**WALKTOBER**  
NOW IN ITS  
5<sup>th</sup> YEAR!



## Walktober 2020: Walking to Wellbeing

### Information for pupils, staff and their families to use at home

Walktober, run annually since 2016 by the Travel Planning Teams at [Hampshire County Council](#) and [Southampton City Council](#), is a challenge held each October to celebrate and focus the mind on International Walk to School Month. The pandemic, and subsequent lockdown, has taught us all that exercising and spending time outside enjoying your surroundings is great, if not essential, for your wellbeing. That is what the **Walktober** challenge is all about: walking to improve your wellbeing.

### Triple celebrations this year!

Unusually this year, during October, as well as **Walktober**, we will also be promoting **Walk to School Week** (5-9 October) and **Clean Air Day** (8 October), both delayed due to Covid-19.

### Here's what you did in Walktober 2019



picked **blackberries** and **conkers**, cycled on my **bike**, tried out the **assault course** at Queen Elizabeth Country Park, shared our activities on Instagram and Facebook, **coloured in** our Walktober cards and **hurdled pumpkins**, enjoyed **spending time together outside** walking, went on **new** walking routes **in the rain** collecting sweet chestnuts, looked at the changes in the weather, collected a treasury of **special natural objects** which evolved into a nature **sculpture** that the whole family contributed to, **learned** tree names and what happens to **trees in a storm**, tried **new routes to school**, went for woodland walks in country parks and on **trails** at **National Trust** properties. We walked and played 'Mindful 5' to **connect us to the world around us**.



### What do you need to do during Walktober?

Walktober means pupils, staff and their families finding opportunities to walk and be outside as often as possible: to and from school or work, but also trying to find other opportunities to enjoy spending time outside, with members of your household (or others, whilst social distancing), and encourage and inspire others to do the same. This pack will give you all the information you need to participate and is being shared with you as your school has signed up for this year's challenge. It contains lots of ideas for you to use throughout the month, and into the future, to make time spent outdoors more interesting and fulfilling. **Walktober** is structured around [Hampshire](#) and the [NHS's Five Steps to Wellbeing](#) as evidence suggests that these are the five steps that we can all take to improve our mental wellbeing:

**Connect, Be Active, Keep Learning, Give to Others and Be Mindful**

*Please follow up-to-date Government advice on social distancing when exercising outside or doing any of these activities.*

[myjourneyhampshire.com/walktober](http://myjourneyhampshire.com/walktober)

# Overview: The Five Steps to Wellbeing



It doesn't matter if it's five minutes, fifty minutes or more. Every outdoors experience can make a difference to your wellbeing.

## ✓ Connect ... with nature

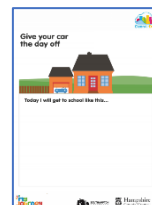
Our **Walktober Activities Toolkit** supports families in connecting with the outside world during **Walktober**, and into the future. As well as just having fun outside, the activities are designed to complement curriculum subjects such as English, Art and Maths. Complete the family **challenge card** and enter our **competition to win a voucher** for a family day out to a Hampshire attraction including the [Hillier Gardens](#) and the newly refurbished [Winchester Science Centre](#).

## ✓ Be active ... outside

Follow our **'Be Active in Walktober'** guide with details on **Walk to School Week (5-9 October)**, scooter and cycle toolkits, Park and Stride, and Transition Time activities to keep you travelling safely and actively to school whenever possible.

## ✓ Be mindful ... think about the world around you

**8 October** is **Clean Air Day** and we are focusing on the opportunity to learn that air pollution affects you from your first breath to your last. See [our webpages](#) for more information where you can enter our **"Give your car the day off"** [poster design competition](#) and win some brilliant prizes.



## ✓ Keep learning ... about the great outdoors

Whilst out walking, don't forget to take photos to record your new experiences, posting them to our social media channels using **#Walktober**. Why not tag in your school too so they can tell everyone what you've been up to? We will repost the best photos and have prizes available too. **See below for full details of our social media channels. Please – only send us photos of nature, no people thanks.**



## ✓ Give to others ... by being kind to your community

This is an opportunity for staff and pupils to give something back, to their school or local community. We were inspired, during last year's **Walktober**, by the Head of School at [Crofton Anne Dale Juniors](#), who, instead of driving, walked the 22 miles from her home to school in a single day, raising over £700 for a school well-being dog. What a fantastic achievement! So ... **what could you do to support your school or local community?** You could:

- write letters or make pictures for your elderly neighbours or those in local care homes
- use some woodland treasures found during your walks to make a thank you card for, say, your School Crossing Patrol Officer, PCSO, school caretaker or teacher - someone who helps you to keep safe and healthy every day.
- decorate stones and place them for others to spot on a local walking route
- ask to be sponsored to walk every day in **Walktober** and raise money to buy some cycle or scooter storage or green screening plants for your school grounds to improve the local air quality



Please follow up-to-date Government advice on social distancing when exercising outside or doing any of these activities.

[myjourneyhampshire.com/walktober](http://myjourneyhampshire.com/walktober)



# Competitions & Social Media

"We are convinced that our walking has had a positive impact on all of us as we feel fitter and happier"



## Competition entries

To enter our competition, simply tell us which **Walktober** activities you have tried and whether you felt a benefit to you and your family's wellbeing (you can include a photo of your challenge card or your favourite activity if you like, though the file must be less than 10Mb). We will use your experiences to **inspire others** and will reward the most imaginative and active families. We have lots of **vouchers for family days out** in Hampshire including a **donutting session at Calshot** to give away.

You can submit entries to our competitions\* on our website: [www.myjourneyhampshire.com/walktober](http://www.myjourneyhampshire.com/walktober) - simply follow the **family competition link**. Please use the **same link** to let us know about your fundraising activities so we can share your success with others. **Deadline for entries: Friday 6 November 2020.**

\* Please see the Travel Planning competition [terms here](#).



## Social media

Let us know how you get on and how much you raise when you submit your competition entry at the end of the month. You can also share your fundraising activities on our social media channels using **#Walktober**. We would love to share your achievements with others and don't forget to tag in your school so they see how great you've been! **Please – only send us photos of nature, no people thanks.**

- [@myjourneyhants](#)
- [@myjourneyhampshire](#)
- [@MyJourneyHants](#)



"It's been fun. It got our family talking"

"We enjoyed spending time with dad out walking as he is often at work. He enjoyed it as he has depression and walking through the woods was interesting and connected him with nature which he enjoyed in the moment"

"We made precious memories"

"Sunday family walks are now a tradition"



Please follow up-to-date Government advice on social distancing when exercising outside or doing any of these activities.

# Be Active in Walktober



“Walktober gave us a chance to reconnect as a family”



## Be Active in Walktober

The My Journey website has lots of information on the following topics. Simply follow the links to find out more about active and safe travel to school:

- ✓ **Walk to School Week (5-9 October)** is the [Living Streets](#) initiative which invites children and parents from around the UK to unite for one week of walking to school. Check with your school to see if they have signed up for the Hampshire-funded resources and make sure you join in the fun.

- ✓ **Active travel to school – information for parents:** These pages contain information and initiatives to take the stress out of the school run by encouraging walking, scooting and cycling to school. There is a link to our updated [How Could You Travel to School?](#) booklet and also information to support you with [social distancing](#) on the school run. There is also information on [scooting](#) and [cycling](#) for families, including training videos and toolkits.



- ✓ See our [Wellbeing](#) pages for lots of ideas of activities to try out from home including our [wellbeing activity fliers](#). There are lots of links to support with family wellbeing such as mindfulness apps, podcasts, bullet journaling and sources of support for families.

- ✓ Visit our [Transition Time](#) pages for support with moving to a new school and planning a new and unfamiliar journey. There are toolkits designed to lead you through the process of **planning your new journey** to school and, as much as is possible, keeping it **active, safe, pollution-free and sustainable**. They each contain a link to an **8-minute, original and humorous KS1 and KS2 Histrionics film** commissioned by the My Journey Team to inspire your children in a fun and educational way. If you have to drive some of the way to school, follow the guidance on [Park and Stride](#) and park a 5-10 minute walk away from the school gates and walk the last part of your journey. Please always [Parkwise](#).

July 2020 Summer Edition  
Transition Time



Please follow up-to-date Government advice on social distancing when exercising outside or doing any of these activities.

[myjourneyhampshire.com/walktober](http://myjourneyhampshire.com/walktober)

Page 4



# Activities toolkit

The next six pages form a collection of activities put together by the My Journey Travel Planning Team to inspire families out Walking for their Wellbeing this Walktober and beyond. Feel free to try them, adapt them or use your own ideas.

Themed around Hampshire County Council and the NHS's 5 Steps to Wellbeing, these activities are suitable for use in autumn and winter. When out on walks near to your home, why not try some of these ideas to make the experience a little richer? Please remember not to pick any wildflowers.

*Please follow up-to-date Government advice on social distancing when exercising outside or doing any of these activities. Wash your hands before and after going outside.*

## Mindful Scavenger Hunt – new for 2020!

To get you started, why not try out our brand new [Mindful Scavenger Hunt](#) put together by our friend Kate at The Mindful Runner? Watch this [short film](#) and follow her instructions for a fantastic mindful start to this year's **Walktober** challenge.



## Walktober Challenge Card

See the last page of this document for our **Challenge Card** which you can fill in each time you do an activity – simply print off one copy for each family member, or share one between you, and use the pictures to log your **Walktober** activities – and don't forget to [enter our competition](#) by **Friday 6 November** for your chance to win a voucher for a family day out.

*Please follow up-to-date Government advice on social distancing when exercising outside or doing any of these activities.*

[myjourneyhampshire.com/walktober](http://myjourneyhampshire.com/walktober)

Page 5

# Activities toolkit



## Autumn alphabet

Write out the alphabet on a large sheet of paper. On your walk, try to find something that begins with each letter of the alphabet and stick it on – you might not be able to get them all but try your best to be creative!



## On the first day of Autumn

Collect autumn treasures from outside, between 1 and 12 of each, and then put them into a song. Here's a start for you:

- *On the first day of Autumn, my good friend gave to me, an oak leaf, curled and crispy.*
- *On the second day of Autumn, my good friend gave to me, two cups with acorns and an oak leaf, curled and crispy...*



## Treasure chest

Take your finest treasure chest out for a walk. Collect up autumn treasures you find and draw them when you get back. Can you describe them to a member of your household and see if they can guess what you found? You could take a really tiny treasure chest like a raisin box and

only collect the smallest, most precious treasures that fit inside. When you get home, stick them down to make an autumn picture.



## Woodland weaving



Find either a forked stick with three prongs or four straighter sticks which you need to make into a square and join at the corners with wool. Then weave wool across the square from top to bottom and left to right, or in circles around the prongs of the fork. Secure the end and thread through your autumnal findings to create your artwork. Hang your finished article from a string as a decoration.

## Den building

In the woods, find lots of fallen branches and lean them onto a tree with a suitable supporting branch. Sweep out the inside and settle down for some den adventures – you could even take a picnic along with you. Remember not to pull any live branches off the trees but to just use what you find on the ground.



Please follow up-to-date Government advice on social distancing when exercising outside or doing any of these activities.

# Activities toolkit



## Pebble poems

Collect up some smooth, flat pebbles. Write, using chalk, paint or a marker pen, one word on each pebble. Use a good mix of words linked to autumn – nouns (e.g. wellies, hedgehog, park), adjectives (e.g. magical, sunny, brown), verbs (e.g. jumping, exploring), adverbs (quickly, excitedly) and some linking words like under, in and a. Then arrange the pebbles to create a poem: Squirrels jumping high making shadows in the sky.



## Pebble pictures

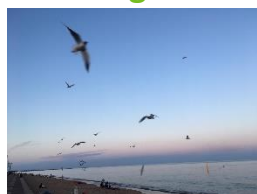
If you prefer, you could just decorate pebbles and leave them along your walking route for others to spot on their walk and perhaps photograph too (remember not to pick them up), or create pebble pictures using the pebble shapes you find like some of the Travel Planning Team's children did during lockdown.

## Sticky Letters

On your walk, collect sticks that look like letter shapes. Can you spell any words? Do you need to find some additional letter shapes? Have a hunt around for what you need to spell some words. Can you spell your name or this week's spelling words out of sticks?



## Counting birds



Before you leave your house, estimate how many birds (or snails, flowers insects...) you will see on your journey. Then count them as you walk. Is the total very different to your estimate? Is the number you count the same every day? Do you know what the different types of bird are? Can you make a tally chart to show how many of each type of bird you see in a week?

## Counting in streets

On your walk today look at the houses. How are they 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 are there on the left-hand side of the road? Then count them to check if you're right.



Please follow up-to-date Government advice on social distancing when exercising outside or doing any of these activities.

[myjourneyhampshire.com/walktober](http://myjourneyhampshire.com/walktober)

Page 7

# Activities toolkit



## A Right Royal Adventure

Download our KS2 [story book](#) which focuses on the history of air quality and how we can influence the future. How about reading it before you go on your walk or taking a copy out with you to sit and read whilst you're out?

## Mapping your area

Go for a walk around your local area. From memory, can you draw a map? Remember to add the different roads and landmarks such as your house, shops, parks, road crossings and your school. Could you use a symbol to represent these places and then put a key at the bottom or side of your map? Now take your map on your walk and see if it is a good representation of your area. Do you need to make any changes? Can another member of your household use your map to follow the same route without you helping them? See [www.google.com/maps](http://www.google.com/maps) or [www.openstreetmap.org](http://www.openstreetmap.org) for route, key and icon ideas and our humorous **Histrionics films** launched in July 2020 for some [KS1 pirate inspiration](#) or [KS2 Roman Centurion](#) inspiration on mapping a new route.



## Journey sticks

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



## Egg box adjectives



Choose some adjectives (describing words) that you could use to describe things you find outside during autumn – prickly, smooth, woody, crispy, curly, feathery, sticky, soft – write them down and cut them out. Then stick one in each egg hole of an empty egg box. Take your box on a scavenger hunt and see if you can find something which matches each adjective. When you get back, write a descriptive poem with one line about each of the items in your box. Why not write it out in neat and illustrate it with your treasures?

## Wellie ones, twos and threes

Is it REALLY raining today? Don't let that stop your fun! Pop on your coat and wellies and go for a splashy walk. Count up how many puddles you can jump in and how many slugs and snails you spotted. What else did you spot on your walk that you might not have seen on a sunny day? Did you see any interesting reflections in the puddles? Tell someone in your household about what enjoyed most. Can you draw your favourite puddle?



Please follow up-to-date Government advice on social distancing when exercising outside or doing any of these activities.

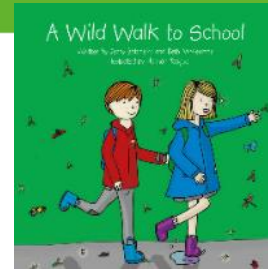
[myjourneyhampshire.com/walktober](http://myjourneyhampshire.com/walktober)

Page 8





# Activities toolkit



## A wild walk to school

Read our KS1 [story book](#) which focuses on how active travel enables time on the school run to be spent looking at nature. See if you can re-enact the story on your next walk to school.



## Autumn colours

Collect up fallen autumn leaves and put them in colour order – different browns / reds. Create an artist's palette from card and stick them down in order using double sided tape. Then mix paints to replicate the colours and try drawing and painting your palette. Do you think the colours would be the same in April?

## Chasing the shadows

If it's a sunny day, why not ask a friend to make a pose – then collect up some leaves and fill in their shadow. Can you use different items for their eyes, hair, mouth and clothes? When they move you can be sure that their shadow will stay. What other masterpieces can you make by rearranging what you find on the ground? Leaves, twigs, branches, nuts and seed heads are all great for this.



## Rotating routing

Do you walk the same way for your daily exercise 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?

## Wellie workout!

In your local woods or park, create a workout circuit to do in your wellies. You could use the trees to create a course, traveling under low branches, over stumps, along logs and splashing through the water jump puddles. You could use a twig as a baton and make it a relay race or introduce other events such as pinecone shotput or long jump marked out with leaves. Don't forget to make autumn medals by threading leaves and feathers onto twine or wool for the winners.



*Please follow up-to-date Government advice on social distancing when exercising outside or doing any of these activities.*

[myjourneyhampshire.com/walktober](http://myjourneyhampshire.com/walktober)

Page 9

# Activities toolkit



## Sensory map

Take a piece of paper and pencil on your walk and mark an X at the centre to represent you. Find a good place to sit on your walking route and listen to the sounds around you. You will need to ask anyone with you to be quiet, so you can listen carefully. Mark all the sounds, feelings or smells you experience with a simple mark, indicating the direction and distance of the sound from your location (X) on the map. The size and intensity of the mark can represent the strength of your experience. For example, a few dark, wavy lines could represent a strong gust of wind, or a lightly drawn, musical note could indicate a distant singing. When you have finished (how long you do this for is up to you), compare your map to someone else's. Did you experience the same sounds, feelings and smells?



## Final thoughts

HCC's [Trailblazer webpage](#) has lots of ideas for outdoor activities and [Mindkit](#) also have some great suggestions for 5 minutes, an hour or more. There are lots of [parks to explore](#) across Hampshire and the [Hampshire Countryside Service](#) is a good source of walks - they have made a few recommendations for [Autumn walks](#) or, for interesting routes nearer Southampton, visit [Go Jauntly](#).



Like our **Histrionics** films? Missed our **Mental Health Awareness Week** film? [Click here](#) and take a look now! The film is themed around kindness, mental health and exercise for wellbeing, all woven into the true tale of an English cyclist, James Moore, who was brought up in France in the 19<sup>th</sup> century.



*Thank you to the fantastic **Travel Planning Team** at Hampshire County Council, and to their dogs, for taking lots of the fabulous photos included in this guide whilst exercising during lockdown!*

*Please follow up-to-date Government advice on social distancing when exercising outside or doing any of these activities.*

[myjourneyhampshire.com/walktober](http://myjourneyhampshire.com/walktober)








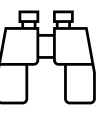

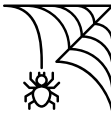



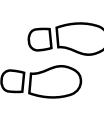
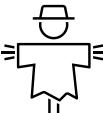





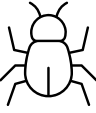
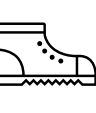



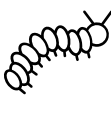
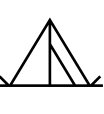




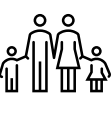
Page 10



# Challenge Card

**The Walktober Challenge:**  
To complete a Walktober wellbeing activity on as many days during October as possible.

Colour the pictures below to show which days of October you achieved a Walktober activity. Use the space underneath to note what activity you did, and how it made you feel. You can use one grid for each person taking part, or one for the whole family – whichever you prefer. Don't forget to start with our **Mindful Scavenger Hunt** and finish by **entering our competition** to win a voucher for a family day out. **Good luck!**

|   |  |  |  |  |  |  |  |
|---|--|--|--|--|--|--|--|
| <b>START</b><br> | <b>1</b><br>    | <b>2</b><br>    | <b>3</b><br>    | <b>4</b><br>    | <b>5</b><br>    | <b>6</b><br>    | <b>7</b><br>    |
| My Walktober day today ...  | Start with a mindful scavenger hunt!   |  |  |  |  |  |  |
| <b>8</b><br>   | <b>9</b><br>  | <b>10</b><br> | <b>11</b><br> | <b>12</b><br> | <b>13</b><br> | <b>14</b><br> | <b>15</b><br> |
|   |  |  |  |  |  |  |  |
| <b>16</b><br>  | <b>17</b><br> | <b>18</b><br> | <b>19</b><br> | <b>20</b><br> | <b>21</b><br> | <b>22</b><br> | <b>23</b><br> |
|   |  |  |  |  |  |  |  |
| <b>24</b><br>  | <b>25</b><br> | <b>26</b><br> | <b>27</b><br> | <b>28</b><br> | <b>29</b><br> | <b>30</b><br> | <b>31</b><br> |
|   |  |  |  |  |  |  |  |

Congratulations! You made it to the end. Don't forget to **enter our competition**.  
Entry form at [www.myjourneyhampshire.com/walktober](http://www.myjourneyhampshire.com/walktober). Deadline for entry: **Friday 6 November**

Please follow up-to-date Government advice on social distancing when exercising outside or doing any of these activities.

[myjourneyhampshire.com/walktober](http://www.myjourneyhampshire.com/walktober)

Page 11